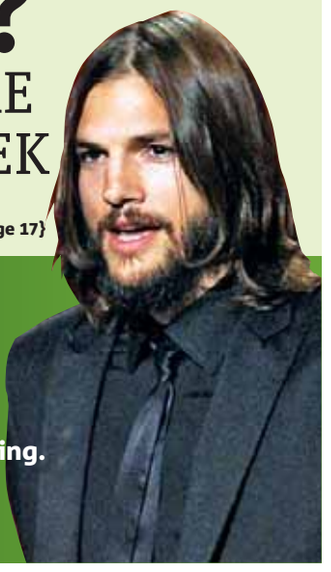
FLASHMOB PICNIC
FIRST EVENT OF ITS KIND COMING TO OTTAWA {page 3}

THINK PINK
OCTOBER IS DEVOTED TO BREAST CANCER AWARENESS {pages 23-26}

BIG FIX?
KUTCHER, MOORE REPORTEDLY SEEK MARITAL HELP {page 17}



OTTAWA metro®

Monday, October 3, 2011
www.metronews.ca

News worth sharing.

PHOTO ILLUSTRATION BY DAVID VAN DYKE

Hire me, Ontario

Metro's editorial board conducted job interviews with the party leaders We asked Tim Hudak, Dalton McGuinty, Mike Schreiner and Andrea Horwath why they want to be premier and what they bring to the table

{pages 4-5}

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Fighting breast cancer one step at a time

With the temperature hovering around 6 C and dance music booming, Ottawa and Gatineau residents put a brave and festive face on a fight against a deadly killer.

Some 9,000 participants raised $1.64 million in the Ottawa-Gatineau CIBC Run for the Cure. The money goes toward breast-cancer research and education and awareness programs.

As spectators cheered and cheerleaders waved pompoms, many found the run an emotional event.

"I ran because when I was nine my grandmother was diagnosed with Stage 5 breast cancer and not a doctor in the world thought she was going to make it. She's still alive and it's been 15 years she's been cancer-free," said Courtney Kalbfeisch. "It was pretty cool to be able to call her up and say I was running and her name was going to be on my bib."

SEAN MCKIBBON

SEAN MCKIBBON/METRO

▶ Courtney Kalbfeisch, left, poses with her friends and fellow team members Laura Pathak and Marty Sawlor.

Not your average pique-nique

Dress in black and bring your own locally grown feast Harvest Noir making its debut in Ottawa

JOE LOFARO
@METRONEWS.CA

It's been called a gastronomic flash mob, a pop-up picnic and a rogue supper club. Born in Paris, Dîner en Blanc — an outdoor dinner party whose thousands of guests dress in white — is taking the world by storm. Now it's coming to Ottawa, thanks to a Chelsea, Que., resident who is throwing the city's inaugural flash-mob picnic.

Greg Searle first found out about Dîner en Blanc in August when he looked out the window of his Montreal hotel room near Place du Canada.

"I heard music and looked down and saw these people in white," he said. "It turned out to be one of these flash-mob picnics and it was the most beautiful thing I've ever seen. I thought, oh my God, we need that in Ottawa."

On Oct. 15, Searle and his wife, Samantha, will host the Ottawa version of the picnic, dubbed Harvest Noir. Guests must dress in their best black attire and bring their own food — locally grown, if possible. In keeping with the spirit of the Paris event, the location will be kept secret until the last possible moment.

The feast begins at 4 p.m. After the meal is over, everyone will clean up, the tables will be removed and it will seem as if the picnic never happened.

At about 7 p.m., guests will head indoors — the venue is another secret — for a dance party with a DJ and music.

"It's a chance for guests to have a magical evening with their friends," Searle said. "The whole mystery element to it is unique and as adults we don't get surprises in our lives anymore."

For more information and to register for the picnic, go to harvestnoir.com.

LUC LEGAY/FLICKR

▶ Guests enjoy Dîner en Blanc outside Notre Dame Cathedral in Paris in June.

1 news

Two new reports from Oxfam paint an unnerving portrait of Afghanistan's human-rights record. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Paul Henderson is in Ottawa today with his Canada-Russia Summit teammates, showing off memorabilia from the game. More at metronews.ca

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You're the boss: Who will

Metro invited all four candidates for a 'job interview' with our editorial board Three out of four showed up

JOE LOFARO/METRO

Ontario PC Leader Tim Hudak in Metro Ottawa's newsroom.

Tim Hudak

PC: The Conservatives have been the Official opposition since 2003.

- **44-page resumé:** Changebook
- **Message:** "Surprise new taxes have taken repeated bites out of the family budget. We look at the last eight years and we say ... 'enough.'"
- **Focus:** More money in the pockets of average Ontarians, an essential-services guarantee and a cleanup of government.

1. Why do you want to be the premier of Ontario?
I want to work hard to fight each and every day for hardworking, average families ... who are falling farther and farther behind and seem to be last on the list of this government's priorities.

2. What do you bring to the position that no other candidate does?
We've got the right plan and an outstanding team, I mean, whether you're in Ottawa or London or Toronto, we have a strong team of candidates who have come from various walks of life, various backgrounds, professions, who want to bring change to Ontario.

3. Two short-term priorities?
Job creation is going to be job No. 1. I want to see young talent working here in Ontario, raising a family, starting their own business. The second change is to give families immediate relief.

4. What are two long-term priorities?
To improve our healthcare system. Over our mandate, we'll invest $6.1 billion in health care in new funds ... toward patient care. The other big change I want to make is in post-secondary education, to expand the number of positions in our colleges, universities and trades.

5. What about hydro rates?
Our workhorses have been nuclear power and hydro electricity. They're clean, they're emission-free and they also give you affordable base power. So we'll invest in those areas. We will close down the coal plants by 2014.... Wind and solar should complement the system.

6. How are you planning to address gridlock?
Toronto now has the worst gridlock in North America. We set aside $35 billion in our Changebook plan for infrastructure, targeted largely at transportation.

7. How do you deal with stress on the job?
Bourbon. You know what, I'm having fun. I like sports a lot.... I (also) have a beautiful little girl who's turning four in just a couple of days.

8. Describe Ontario in two words.
Strong and beautiful.

WORD FROM HR

Confident and professional, Tim Hudak had a direct, factual approach to his responses. He showed a keen sense of preparedness as he responded directly to each question poser. Poised and assertive, he showed knowledge of the subject, which allowed him to exude strength. Undeniably, his answers were careful and well rehearsed. The few examples he gave to support his responses were geared to slight the position of the other candidates. He leaned forward frequently to further convince the panel of his self-assured disposition. His softer, slightly humourous side didn't emerge until he was asked questions outside of the campaign focus.

DAVID VAN DYKE/METRO

Ontario Green party Leader Mike Schreiner in Metro Toronto's newsroom.

Mike Schreiner

GREEN PARTY: Having even one MPP elected would be a breakthrough.

- **16-page resumé:** It's Time: A five-point plan for Ontario's future.
- **Message:** "Forget our cynical political world for a moment and imagine a new kind of politics in Ontario: The kind where you come first."
- **Focus:** Jobs, energy, health care, local farms and government that works for people.

1. Why do you want to be the premier of Ontario?
The three old parties at Queen's Park are failing to address some of the major challenges of our generation — the loss of good local jobs ... rising energy prices and climate change.

2. What do you bring to the position that no other candidate does?
As an entrepreneur and a small-business owner, I know how to create jobs. And I'm not a political insider; I haven't been a lifetime politician. And so I think I bring a fresh voice, a new perspective.

3. Two short-term priorities?
Creating good local jobs by supporting our small to medium-sized businesses and ... rebuilding our mainstream economies. Our second objective is to elect at least one Green MPP so we ensure that these issues are talked about over the next four years at Queen's Park.

4. What are two long-term priorities?
We are the only ... party talking about rebuilding local economies ... in a way that creates jobs, balances the budget and reduces greenhouse-gas emissions. The second objective is ... to have a whole caucus.

5. What about hydro rates?
The Green party is proposing to put forward a Green Building Program that will invest $1.6 billion in tax credits for businesses, homeowners and especially targeted at tenants ... to help retrofit ... buildings.

6. How are you planning to address gridlock?
We're the only political party that's proposing a $200-million infrastructure (investment) in active transportation ... (and) tax credits for people to buy fuel-efficient ... vehicles. We would pay for those tax credits by putting a surcharge on vehicles that are not fuel-efficient.

7. How do you deal with stress on the job?
Quality family time really just helps get the stress out of your system and really reminds you what's important in life.

8. Describe Ontario in two words.
Beautiful place, wonderful people.

WORD FROM HR

A warm, friendly candidate with superior interpersonal skills, Mike Schreiner set the tone of the interview immediately. He was well prepared and did not hesitate as he provided clear answers. Schreiner offered relevant examples to support responses. He nodded frequently to obtain the acknowledgement of his responses. Some reflection time may have helped him answer even more effectively. His ability to bond with his audience through a welcoming smile was an unmistakeable strength. Schreiner is an active, attentive listener who spoke to the panel as a group yet maintained a clear connection with each question poser.

you hire?

Here's what they say they will do if given the job

These are the candidates in print, but we have them on video too. Watch them chat with Metro's editorial board at metronews.ca/decisionontario. And if you just can't get enough of them, we also have full transcripts of their interviews online.

DAVID VAN DYKE/METRO

▶ Ontario NDP Leader Andrea Horwath in Metro Toronto's newsroom.

Andrea Horwath

NDP: Currently occupy 10 out of 107 seats in the Ontario legislature.

- **48-page resumé:** Plan for Affordable Change.
- **Message:** "Your family and friends are watching jobs vanish and paycheques shrink.... We need change that puts you and your family first."
- **Focus:** Everyday affordability, jobs, health care and "living within our means."

1. Why do you want to be the premier of Ontario?
I can bring the kind of change that Ontarians want to see. I want to bring back a sense that Ontario belongs to the people.

2. What do you bring to the position that no other candidate does?
Other than the heels? A lot of my political experience has been positive because I don't leave my gender at home.

3. Two short-term priorities?
The biggest priority ... is to get over the next six or seven sleeps until election day. I'm hopeful that (Ontarians will) choose the kind of change that we're offering, that I'm offering.

4. What are two long-term priorities?
Making life affordable. I met a woman in North Bay who said, 'I'm your average working mom. I work, I have three kids, I have a decent job, but my paycheque is not going up. My bills are going up significantly,' she said. 'It's just not fair, I'm working just as hard as I always have, but I'm falling behind.' (Creating) jobs is another.

5. What about hydro rates?
The biggest problem ... is that we had a government that deregulated and privatized hydro back in the '90s, (then spent) $1.5 billion ... in a (smart-meter) program that didn't save energy and didn't save money. We're going to take about a billion dollars (meant) for a new nuclear build in Ontario and we're going to redivert that money ... to help people retrofit their homes and conserve.

6. How are you planning to address gridlock?
We've ... made a commitment to municipalities that if they freeze their transit fares, we will take 50 per cent of the operating cost of their transit systems off their backs.

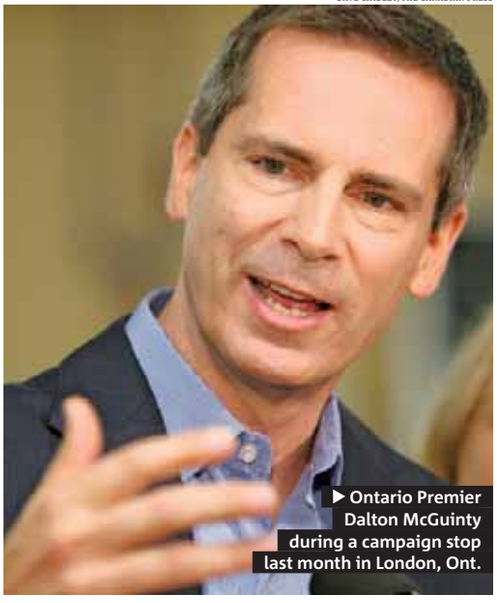
7. How do you deal with stress on the job?
Outside of this campaign period, it's exercise. I have my son to spend time with and to chat with and to take me ... away from the intensity of this work right now, (and I'll have him) when I'm in the legislature.

8. Describe Ontario in two words.
Vast and diverse.

WORD FROM HR

Andrea Horwath displayed confidence and quickly connected with interviewers. She is a serious candidate, yet friendly and engaging. She responded with short, concise and focused answers. She claimed to feel under the weather but didn't falter. Horwath used humour to solidify her connection with the panel. Her body language suggested she knows her stuff. She was not afraid to inject a more personal side into responses to assist in connecting with her audience. Rarely straying from the topic, she provided solid, people-focused examples to support responses. An effective listener, she always focused on the person posing the question.

DAVE CHIDLEY/THE CANADIAN PRESS



▶ Ontario Premier Dalton McGuinty during a campaign stop last month in London, Ont.

Dalton McGuinty

LIBERAL PARTY: McGuinty is seeking third-consecutive term.

- **60-page resumé:** Forward. Together.
- **Message:** "These are uncertain times for the global economy. These are challenging times for our families. This is our plan to help. This is our way forward, together."
- **Focus:** Jobs, health care, education, resource conservation, balanced budget and advocacy for Ontario when it comes to the federal government.

1. Why do you want to be the premier of Ontario?
What Ontarians have achieved together the past eight years is nothing short of amazing. I want to see Ontario protect the progress we've made and to build an even brighter future for our children and grandchildren.

2. What do you bring to the position that no other candidate does?
Only Ontario Liberals have the experience and the leadership to keep Ontario on track. Our schools are better, our hospitals are better and we're creating 50,000 new jobs in an exciting, new clean-energy economy.

3. Two short-term priorities?
To protect workers and create jobs.

4. What are two long-term priorities?
Education and preparing for the new economy. We're ... building three new campuses and we're offering 30 per cent off tuition for low- and middle-income undergrads. We're also working to create 50,000 jobs.

5. What about hydro rates?
We have begun a major rebuild of our electricity system: we're repairing or replacing 80 per cent over the next 20 years. To help families with that cost, we are taking 10 per cent off our electricity bills.

6. How are you planning to address gridlock?
We will refund your full one-way GO fare if your GO train is late by 15 minutes or more for reasons that GO can control. Plans for the LRT in Ottawa are underway. In London, we've added more vehicles, expanded routes, and commuters can now track ... their bus using their cellphone or computer.

7. How do you deal with stress on the job?
It's really important to stay fit and healthy, and so I devote a little time every day to exercise, and I try to stick to nutritious food. And at the end of the day, I like nothing better than to relax with my family, a book or take Mikki — our dog — out for a walk.

8. Describe Ontario in two words.
Seizing opportunity.

WORD FROM HR

As Dalton McGuinty did not make himself available for either a video or in-person interview, I am unable to comment on his performance.

RUTH ESTWICK
METRO'S HUMAN RESOURCES MANAGER

Ontario goes to the polls on Oct. 6 Metro asked candidates in all eight ridings to identify the election issues that are most important to their constituents

Ottawa MPP candidates weigh in

Carleton-Mississippi Mills

Megan Cornell, Liberal
Local jobs and overcrowding in our schools, combined with local health-care access are key issues. I will work to bring new jobs to our community, address overcrowding with investments in new schools, as well as bring a health hub to our riding.

Jack MacLaren, PC
We have knocked on thousands of doors in this riding. The biggest issues we hear at the door is the ballooning provincial debt and tax fatigue. People are simply getting taxed beyond what they can afford.

Scott Simser, Green
The most important issue in our riding is the $16.3-billion dollar deficit. The Green party will be the first party to balance the budget, by fiscal 2015-2016, without resorting to high government expenditure levels or unaffordable tax cuts.

Liam Duff, NDP
No response

ELECTIONS ONTARIO

Glengarry-Prescott-Russell

Grant Crack, Liberal
As MPP I will meet and work with the stakeholders of our region, starting with mayors, councillors, community groups and leaders, to determine and promote their interests at Queen's Park.

Taylor Howarth, Green
Establishing an effective food and farming strategy with a focus on sustainable local food production is the most important issue for me.

Marilissa Gosselin, PC
From what I am hearing, out of control hydro bills is the top issue of many families. Ontario PCs know that families need relief and will provide exactly that. The general feeling is we just can't afford four more years of Dalton McGuinty.

Bonnie Jean-Louis, NDP
We need to convince corporations and local businesses that local jobs is a good place to invest and that, now's the time! The NDP offers incentives: Tax cuts to job creators and green investors, more skilled labour out of trained youth, and the result of good partnerships building.

Nepean-Carleton

Ric Dagenais, NDP
Nepean-Carleton is a very diverse riding. Its most important issue is getting relief from shrinking income and growing expenses. While focusing on People First, I will work on practical, dollar-wise solutions.

Don Dransfield, Liberal
I believe infrastructure investment is the most critical issue in this election. We'll need further investments in transportation and green energy in our riding.

Gordon Kubanek, Green
PCs would kill the Green Energy Act because of birthing problems. Our solution of community control of wind farms and a 2-km set-back will allow citizens to support Green Energy.

Lisa MacLeod, PC
Affordability. I hear it at the doors from my constituents; life has simply become unaffordable in Dalton McGuinty's Ontario. Skyrocketing taxes, hydro bills and simple necessities are taking up more and more of the family budget.

Ottawa Centre

Rob Dekker, PC
I have constantly heard at the doors in Ottawa Centre that people are concerned about their household debts. If I am elected, I will work to lower income taxes, eliminate the eco tax and remove the HST from heating and hydro bills.

Anil Naidoo, NDP
It's change. I can't count the number of times people have told me they are unhappy with the McGuinty Liberals. If elected, I will work to put residents at the top of the agenda.

Yasir Naqvi, Liberal
I have knocked on over 30,000 doors, and people tell me that protecting public services and creating livable communities are top priorities. As MPP, I have been a tireless advocate for our community.

Kevin O'Donnell, Green
Housing is an important issue in Ottawa Centre. I want to see the OMB reformed so that developers can no longer skirt the rules, and residents know that city council is responsible for planning decisions.

Ottawa-Orléans

Tanya Gutmanis, Green
Jobs. If elected, I will ensure that there are more job opportunities in Orleans, for the residents of Orleans. People shouldn't have to travel all the way downtown to work; thus, the creation of jobs within Orleans is imperative.

Andrew Lister, PC
After eight years of inaction, there are many issues of concern. We need to solve our transit issues, invest in health care and education, create jobs and make life more affordable.

Doug McKercher, NDP
The big issue is health care. Many people have no family doctor. Qualifying foreign-trained professionals in Ontario will quickly put qualified doctors to work as doctors.

Phil McNeely, Liberal
It's the economy. The federal government is pulling 3,000-5,000 jobs from close to our community by transferring RCMP and DND facilities to Barrhaven and Kanata. I propose a Community and Economic Development Summit.

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Prepared for battle at the polls

Ottawa South

Wali Farah, NDP
The most important issue in Ottawa South is affordability. Life in Dalton McGuinty's Ontario has gotten too expensive for too many residents. The NDP will take the HST off essentials. We'll also freeze transit fares and contribute to OC Transpo's expansion costs.

Jason MacDonald, PC
The most pressing issue in Ottawa South is the cost of living. I'm running because a PC government will protect health care and education, while giving families the relief they need.

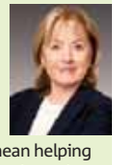
Dalton McGuinty, Liberal
The most important issues Ottawa South residents raise are health care and education. Ontario Liberals will build on the progress we've made.

James Mihaychuk, Green
The big issue is employment. Too many are out of work or underemployed. Greens will reduce payroll taxes on the best job creators: small business and local farms. Our fully costed plan will eliminate the deficit by 2015.

Ottawa-Vanier

Dave Bagler, Green
While the neighbourhoods are highly diverse, I hear common concerns regarding health care, cost of living and lack of community representation. As your MPP, I will work to establish a green building program to save you money all while creating good local jobs.

Paul Étienne Laliberté-Tipple, NDP
People cannot make ends meet. The NDP will eliminate the HST on home hydro and gas, freeze education fees and transport fares, while balancing the budget by 2017.



Madeleine Meilleur, Liberal
I make myself available to assist in any way I can. This may mean helping them to navigate through bureaucracy, advocating on health, education, infrastructure or community issues.

Fred Sherman, PC
My riding's biggest issue is the lack of representation. Our government is out of touch, not acting for our interests, not hearing our concerns. Elected officials have a responsibility to keep close to constituency issues

Ottawa West-Nepean

Wendy Byrne, NDP
Affordability is the No. 1 issue. People feel the pressure of loss and lack of jobs and pensions; high tuition; lack of affordable, well-maintained housing; long waiting lists for long-term care; and tax grabs like the health tax, HST and eco-tax.

Bob Chiarelli, Liberal
The most important issue is making life more affordable for families. Ontario Liberals have lowered income taxes and removed 90,000 low-income Ontarians from paying any income tax whatsoever.

Randall Denley, PC
The big issue is taxes and the pressure they place on seniors. That's why I will be working with Tim Hudak to reduce income taxes by five per cent.

Alex Hill, Green
Providing residents with timely access to health care is the biggest issue in my riding. Ensuring that seniors are provided with necessary care is of particular concern, since OWN has the second oldest population in Canada.

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- ✔ Investing in quality, public health care: **hired more nurses** & **wait times are coming down**
- ✔ Supporting our seniors: delivering **property tax cuts and grants** that are saving you money
- ✔ Funding local **public infrastructure expansion** – such as Baseline transit station, Centrepointe theatre and upgrading Bell & Merivale arenas
- ✔ Helping students succeed: at local schools **test scores are up**, and **class sizes are down**

Together, we are making a real difference for people in our community.

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Bob Chiarelli
for Ottawa West-Nepean

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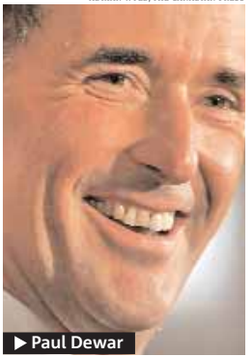
Dewar enters NDP leadership race

Worked as aid worker in Central America, public school teacher, union executive before winning at polls

ADRIAN WYLD/THE CANADIAN PRESS



▶ Paul Dewar

Paul Dewar shunned flashy endorsements from party heavyweights as he yesterday launched a grassroots bid to lead the federal New Democrats.

Touting himself as a champion of the party's rank and file, the Ottawa MP surrounded himself with several hundred enthusiastic supporters to celebrate his campaign kick-off.

"Our New Democratic Party starts with the grassroots — pretty evident here today, I would suggest," Dewar told the cheering crowd crammed into a tiny room.

"For me and thousands like you, working hard, growing our party are the bedrock for electoral success."

Dewar's approach was in stark contrast to that of party president Brian Topp, the perceived frontrunner in the early stages of the race, which culminates with a leadership vote on March 24.

Topp, the first out of the leadership gate, held a formal news conference to launch his bid last month, accompanied by former leader Ed Broadbent and Quebec MP Francoise Boivin. He's since racked up an impressive list of endorsements from party luminaries, including former Saskatchewan premier Roy Romanow and deputy leader Libby Davies.

Just hours before Dewar's launch, Topp issued a statement highlighting his support among Canada's entertainment industry, including actors Wendy Crewson and Gordon Pinsent and film director Patricia Rozema. Actor Shirley Douglas — daughter of socialist trailblazer and first federal NDP leader Tommy Douglas — also endorsed Topp, who is head of the radio and television performers' union in Toronto.

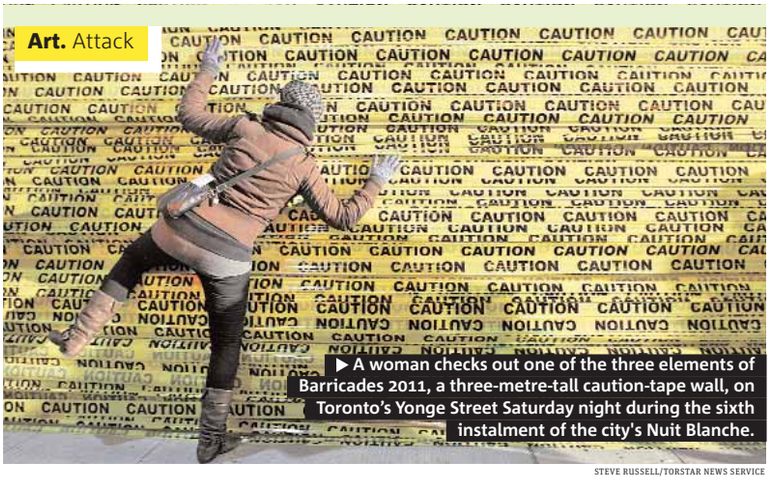
With the party hoping to build on last May's historic electoral breakthrough in Quebec, Dewar frankly acknowledged his laboured French is a handicap.

"French is very important to me and I'm working on it every day. It's a challenge but I will overcome this challenge and take on Stephen Harper in both official languages," he vowed.

Dewar is the fifth candidate to join the contest to choose a successor to Jack Layton, who died of cancer in August.

In addition to Topp, Quebec MP Romeo Saganash and British Columbia MP Nathan Cullen also formally declared their candidacies last month. Earlier yesterday, a little known Nova Scotia pharmacist, Martin Singh, also declared his intention to run for the leadership. **THE CANADIAN PRESS**

Art. Attack



▶ A woman checks out one of the three elements of Barricades 2011, a three-metre-tall caution-tape wall, on Toronto's Yonge Street Saturday night during the sixth instalment of the city's Nuit Blanche.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Nuit Blanche celebrates creativity

The Barricades 2011 display had three common urban barriers: caution tape, plywood and police barricades. During Nuit Blanche, Toronto's downtown is transformed by the work of hundreds of artists in a celebration of contemporary art.

Redford downplays gender issue

Alison Redford, set to become the first female premier of Alberta, downplayed the gender issue yesterday, saying party voters marked Xs not for an X chromosome but for a broader desire for change. **THE CANADIAN PRESS**

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Serbian police detain extremists

Gay pride event and anti-gay protests banned due to fears of violence Authorities criticized for plan

Serbian police detained six people yesterday and prevented a gathering of a pro-Russian far-right group that threatened to burn an EU flag and spit on the portrait of the U.S. ambassador in Belgrade.

Police issued a ban on a gay pride event and anti-gay protests this year, saying that extremists had planned to set fires in Belgrade and provoke clashes that could lead to bloodshed and wider unrest.

Serbia has faced Western pressure to protect gay and other human rights activists if it wants to one day join the European Union.

100
Number of people who were injured during last year's gay pride parade in Belgrade.

The six who were arrested on Sunday in central Belgrade had masks and baseball bats, said senior police official Srdjan Grekulovic.

Police also prevented a protest on nearby Mount Avala by the Nasi group — an affiliate of a Russian organization of the same name — which was going to burn the EU flag and spit on Ambassador Mary Warlick's portrait, Grekulovic said.

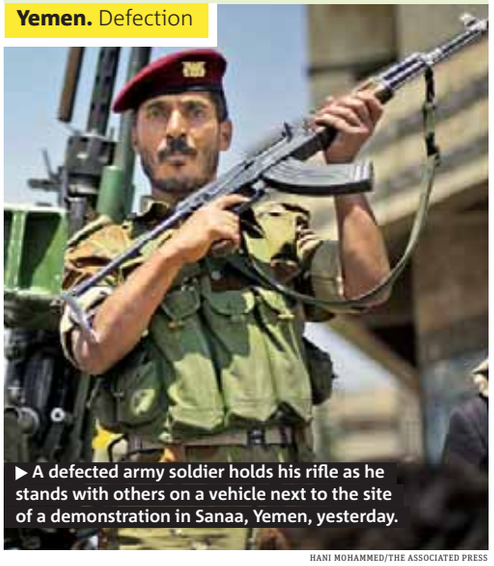
Nasi said that police took away the portrait of Warlick, who earlier this week publicly supported Serbia's gay pride march and urged the Serbian authorities to secure the event.

The gay activists held an "indoor pride" event in a conference room in downtown Belgrade. They said the state ban of their gathering showed the country's weakness in the face of violent threats by extremists.

"This is the only pride we could hold," said Goran Miletic, one of the organizers.

THE ASSOCIATED PRESS

Yemen. Defection



▶ A defected army soldier holds his rifle as he stands with others on a vehicle next to the site of a demonstration in Sanaa, Yemen, yesterday.

HANI MOHAMMED/THE ASSOCIATED PRESS

Soldiers killed by warplane

Calls for the resignation of Yemen's President Ali Abdullah Saleh continue to grow a day after a government warplane bombed an army position in southern Yemen, killing at least 30 soldiers. The strike appeared to be a mistake, but the soldiers hit were from a unit that had defected to side with protesters seeking the president's ouster.

Biden's brother OK after powder scare

The brother of Vice-President Joe Biden says he was kept overnight at a Florida hospital after opening a suspicious package containing a powdery substance.

The envelope was mailed to Francis Biden's Ocean Ridge home. Biden tells The Palm Beach Post that his girlfriend retrieved the package from his mailbox Saturday afternoon, but that he opened it.

Biden says white powder spilled from the envelope onto his skin. He says he immediately called authorities, who evacuated neighbours and closed the street.

Biden and his girlfriend were taken to a hospital. The woman was released Saturday, and Biden was released yesterday morning.

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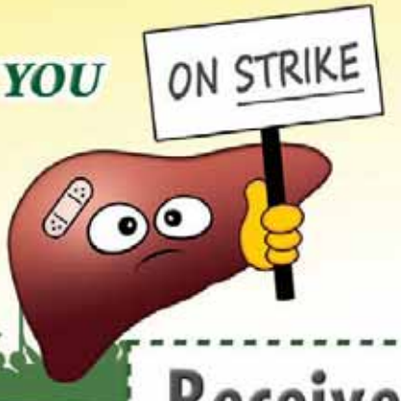

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All eyes on oilsands

Federal and Alta. governments pledged to upgrade monitoring last year following release of scathing reports

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Rod Hazewinkel takes water samples on the Athabasca River, downstream from many oilsands projects.

Rod Hazewinkel steps into the placid waters of Alberta's Firebag River, a short helicopter ride from the oilsands. He fills a jar with water. Tiny oil slicks bubble from the muck.

This spot, one of dozens monitored by scientists, isn't near any oilsands mines. The blobs floating down the clear brown river come from the oilsands themselves — not the energy development that exploits them.

"There's a natural level of contamination," says Hazewinkel, a limnologist with Alberta Environment and the provincial scientist responsible for environmental monitoring. "Industrial contamination is a small part of that."

Last year, the federal and Alberta governments announced major revamps to how they track the impact of tens of billions of dollars in oilsands development.

Protesters have been citing environmental concerns in opposing TransCanada Ltd.'s proposed Keystone XL pipeline to the U.S. And, tomorrow, the federal auditor general is to release an assessment of how well Ottawa has kept up with the impacts.

"It's a world-class resource and it needs a world-class monitoring system to assure us that the resource is being developed sustainably and responsibly," says Dan Wicklum, Environment Canada's director of water science. "We must have that assurance in order to do business."

THE CANADIAN PRESS

News in brief

STEPHANIE KEITH/THE ASSOCIATED PRESS

▶ Police arrest a protester during a march on Saturday.

Protesters marching on

DEMONSTRATION. Protesters speaking out against corporate greed and other issues maintained a presence in Manhattan's Financial District yesterday after more than 700 of them were arrested on the Brooklyn Bridge in a tense confrontation with police Saturday. The group Occupy Wall Street has been camped out for nearly two weeks staging marches.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
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All the major parties in this provincial election campaign have offered up platforms salted with pocketbook promises, whether it's the Tories and NDP pledging to take HST off your hydro bill, or the Liberals proposing to chip in on your post-secondary tuition.

It's a direct appeal to voters as individuals worry about their own personal bottom lines in a rocky economy, but the cities Ontarians live in are also pinched.

Here in Ottawa, Mayor Jim Watson sent a five-question survey to local candidates to suss out their support for what basically amounted to a shopping list: Holding tanks to keep sewage out of the Ottawa River ($50 million required from the province), light rail ($600 million), affordable housing ($25 million), more uploading of social service costs ($121 million) and table games at the Rideau Carleton Raceway, from which the city would get a cut of the action from the province.

"The problem, as seen by municipal leaders like Calgary Mayor Naheed Nenshi, is that cities increasingly can't cover their growing expenses through property taxes, and what they need most from provincial governments isn't project-by-project handouts, but a new deal on taxation powers and revenue sharing."

Even as city hall chases Queen's Park over these big-ticket items, the little stuff accumulates. A city report on the Neighbourhood Traffic Improvement Program lists 462 traffic-calming projects (speed humps, turning restrictions, narrowed intersections and the like) approved by councils going back to 1994, but never actually completed for lack of funding. Staff advise it would cost $7 million to clear the to-do list, but the program's annual budget is only $700,000.

The city has also been aggressive in its search for new ways to scare up money, whether by plastering more public property with advertising or by taking advantage of the McGuinty government's premium rate for green energy by adding solar panels to the roofs of city buildings.

The problem, as seen by municipal leaders like Calgary Mayor Naheed Nenshi, is that cities increasingly can't cover their growing expenses through property taxes, and what they need most from provincial governments isn't project-by-project handouts, but a new deal on taxation powers and revenue sharing.

"I'm the mayor of a city that has more people in it than five provinces," he said last week in Toronto. "Yet I have the exact same legislative authority as any village of 30 or 40 people, and that has to change."

It's an ambitious proposal and, with Ontario facing a projected $16-billion deficit and making ends meet with equalization payments from the feds, likely a hard sell with whoever's sitting in the premier's office after Thursday's vote.

Producing a sustainable local food program

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Just Food is trying to make the Ottawa region healthier, one plate at a time. Since 2003, the non-profit organization has been giving local residents sustainable and affordable access to healthy foods.

Their projects include a resource-sharing network for community gardens, the Ottawa Buy Local, Grow Local Food Guide, meant to teach Ottawa-region residents about healthy local food options, and an annual food film festival. The people behind Just Food hope that their efforts will produce far-reaching benefits. As program manager Erin O'Manique says, "Just Food aspires to create space where everyone — from producers through to eaters — can work to build, and benefit from, a sustainable and just local food system."

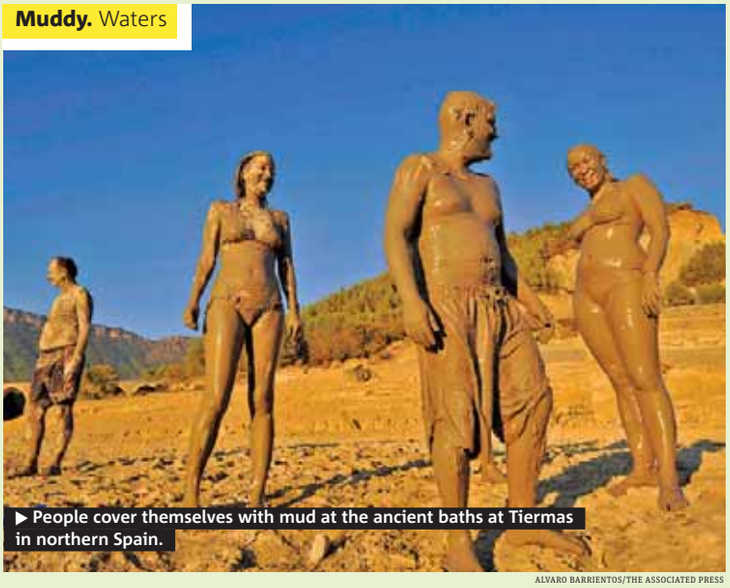
CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- **@GiuntaNews:** really loving the new Ottawa Sens heritage jersey... they got it right! http://senators.nhl.com/club/news.htm?id=590734&navid=DL|OTT|home
- **@rastamafk:** Record: cold this morning. 1st. day heating is turned on at home in Ottawa, Ontario.
- **@MolsonFerg:** Nothing like a fresh veggie market...cheers from by-ward market #ottawa http://yfrog.com/o0gyewfj
- **@s_papineau:** #brrrr it's cold in #Ottawa!! Not complaining!! I love #fall !!!!!!!
- **@GarethFryer:** Contemplating stealing a dog to play frisbee with. (@ Parliament Hill Fields) http://4sq.com/qMSnxE
- **@Wes_Mantooth:** Oktoberfest Ottawa = Great Success!!!!! Had an amazing time with @The_Fysh and randy & Mr. Lahey from Trailer Park Boys!!!!
- **@chillparcells:** Just occurred to me that the #RedSox 2011 slogan was "We won't rest until order has been restored." I guess order was restored in August.

Muddy. Waters



▶ People cover themselves with mud at the ancient baths at Tiermas in northern Spain.

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

Photo of the day

People flock to the area in the fall when the water level of Yesa reservoir is at its lowest. The water at the reservoir is said to have healing properties.

WEIRD NEWS

@thaiPM, you've been hacked

A mocking hacker took over the Twitter account of Thailand's recently elected PM yesterday, questioning her ability to defend the country if she cannot even secure her own tweets.

The unknown hacker ended a series of at least eight postings on the account of Prime Minister Yingluck Shinawatra with a taunt: "If she can't even protect her own Twitter account, how can she protect the country?

Think about it."

Most of the messages accused Yingluck's government of incompetence and cronyism. Her Pheu Thai Party won a landslide election victory in July, but critics charge she is just a puppet of her brother, former Prime Minister Thaksin Shinawatra. Thaksin was ousted by a military coup in 2006 after being accused of corruption.

"This country is a business. We work for our allies, not for the Thai people. We work for those who support us, not those who differ with us," said one tweet. Another said: "Where are the opportunities for the poor? We use them, give them hope for votes so our own group can benefit." THE ASSOCIATED PRESS

metro

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2 scene

Stars shine on Walk of Fame

Comic Russell Peters, astronaut Roberta Bondar among six Canadians given stars

PHOTOS: AARON VINCENT ELKAIM/THE CANADIAN PRESS

▶ Musician Burton Cummings now has two stars on the Walk of Fame, one with his band The Guess Who, and now an individual star.

Comic superstar Russell Peters showed up at Canada's Walk of Fame hoisting one of his greatest recent achievements — baby Crystianna, whom he clutched against his chest as he walked the red carpet to greet fans and media on Saturday.

The proud papa said it was the first red carpet gala for his 10-month-old daughter, "unless she's been sneaking out at night and crawling on red carpets," he quipped.

Peters was among six famous Canadians who were awarded stars on the Walk of Fame, including musician Burton Cummings, actress Sandra Oh, astronaut Roberta Bondar, tennis star Daniel Nestor and the late author Mordecai Richler.

"It's very surreal because when I said I wanted to be successful I just meant, 'Make a living,' I didn't really think, 'Get a star,' I didn't think, 'Have people know my name,'" Peters said later as he took the mic at an outdoor stage to acknowledge hundreds of fans who lined a red carpet on a frigid afternoon.

"To have people want to step on my (name) on the street is pretty cool. I can't wait for when it's really in the ground and somebody gets hammered and pukes on my name. Somebody better twitpic that to me as soon as that happens because that's when I know I really came up."

Before heading into a downtown theatre for a formal induction ceremony, a smiling Cummings said he was especially proud to be honoured for a second time. He noted that he was recognized along with his band The Guess Who in 2001.

"The Walk of Fame is a huge deal — you consider the names that are down there, people like Donald Sutherland, legendary movie people, Ivan Reitman and (Dan) Aykroyd," said the Winnipeg-born hitmaker.

Cummings said he was a big fan of Oh in particular, and referred to her 2004 comedy Sideways as "one of the greatest movies ever."

Oh said she was thrilled to meet Burton and Bondar and expressed credulity that her signature will be on a Toronto sidewalk.

"It's just quite hilarious and odd and I never thought that this would happen," said Oh, now best known for her co-starring role on the TV medical drama Grey's Anatomy.

Richler's widow Florence attended on Richler's behalf, and was escorted by their journalist son, Noah Richler. She said her husband would have been "amused" by the fanfare, adding that she herself felt the honour was "overdue."

Movie star Ryan Reynolds was initially slated to be honoured, too, but organizers said he was unable to attend and would be inducted at a later date.

Many of the adoring fans turned out to see Toronto rapper Drake, who was to be presented with the Allan Slaight Award recognizing achievements by a young Canadian. But organizers said the rap superstar was running late and had to skip the red carpet.

Surrounded by glitz and glamour, Nestor called the experience "overwhelming."

"I'm not used to the red carpet," the towering tennis pro admitted as he walked down Yonge Street, which was shut down and swathed in red for the afternoon.

Bondar said she was inspired to excel by her family and high school teachers. "It's good for Canada to be able to see there are other things besides sheer entertainment and comedy — that we can do other things and still be recognized," said Bondar, who was the first Canadian woman and the second Canadian astronaut in space.

THE CANADIAN PRESS

▶ Singer Chantal Kreviazuk and her husband Raine Maida were on hand at the red carpet event to award stars on Canada's Walk of Fame.

Box office

A dolphin has dethroned The Lion King at the weekend box office. Dolphin Tale held up well with $14.2 million in its second weekend to take over at No. 1 from The Lion King, which had been the top movie the last two weekends. Studio estimates Sunday showed The Lion King slipping to third-place with $11.1 million, just behind Brad Pitt's Moneyball, which was No. 2 in its second weekend.

THE ASSOCIATED PRESS

Russell Brand to be first guest on Rosie O'Donnell's new Oprah Winfrey Network talk show.

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Kutcher and Moore seeking marital help

Rumours continue to swirl about impending split and Ashton's infidelity

ALL PHOTOS GETTY IMAGES

Ashton Kutcher and Demi Moore have reportedly been working all summer to save their relationship, though it appears the efforts were in vain.

"(Demi) and Ashton had been receiving counseling from Kabbalah over the summer to try to fix their marriage," a source tells Entertainment Tonight, adding that the couple have been living apart for some time.

Moore is said to be "sad, hurt and embarrassed" by Kutcher's latest cheating scandals and rumors about an impending split.

She's likely also troubled by the fact that Kutcher is no longer following her on Twitter.

Kutcher has one of the most followed Twitter accounts. METRO

"(Demi) and Ashton had been receiving counselling from Kabbalah over the summer to try to fix their marriage"
SOURCE

▶ Ashton Kutcher and Demi Moore

Talking points

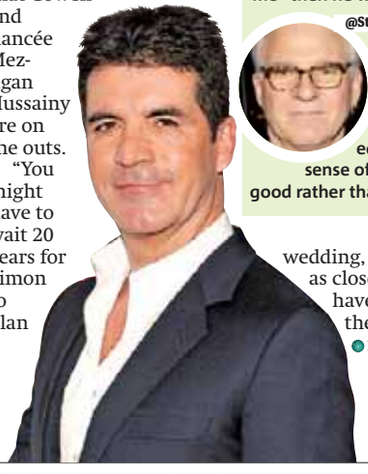
Cowell admits show biz gets in way of his relationships

NOT ON THE OUTS Simon Cowell admits that with the X-Factor taking up so much of his time, his love life — and impending nuptials — have to take a back seat.

"It has probably been the busiest year I've ever had. Making the choice to get married is something you just have to decide when the time is right," Cowell says, according to Hollyscoop.

And his rep is quick to dash rumors that Cowell and fiancée Mezhgan Hussainy are on the outs.

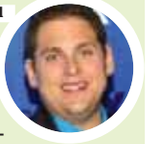
"You might have to wait 20 years for Simon to plan a wedding, but they are as close as they have ever been," the rep insists. METRO



Celebrity tweets

@aplusk
"When you ASSUME to know that which you know nothing of you make an ASS out of U and ME"

@joelmchale
"Come on guys, give it a break. Nancy Grace's nipple did not "slip out". It was trying to escape."


@JonahHill
"Saw a guy texting on a Segway. If he was texting anything but "Everyone's laughing at me" then he was wrong."

@SteveMartinToGo
"After much thought, I have decided to use my sense of humor for good rather than for evil."

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3 life

Father death rates

Fatherhood may help keep a man alive. A study suggests dads are less likely to die of heart-related problems than childless men.

The study — by the AARP, the U.S. government and several universities — is the largest ever on male fertility and mortality, involving 138,000 men.

THE ASSOCIATED PRESS

Parenting advice book from teen perspective emphasizes open dialogue with kids.

Recipes for happy guests

You cooked a roast and cheesy bread then it hits you — one guest is a vegetarian and another is gluten intolerant Food blogger Beatice Peltre shares ideas for all dinner guests

Vegetarian. Pea risotto with basil and lemon

Preparation:

1. Heat the stock and set aside. Melt the butter in a large casserole. Add the olive oil and when warm, add the thyme, leek and shallot. Soften on low heat for a few minutes, stirring occasionally.
2. Add the garlic and lemon zest and cook for one minute. Increase the heat and add the rice. Coat well for 1 minute before adding the Vermouth. Cook until absorbed, while stirring. Add 1 cup of broth at a time, and wait until it is absorbed before adding more. When you have only 1/2 cup of stock left, add the peas and stock and continue to cook until the rice is al dente.
3. Stir in the cheese, cream and herbs and stir. Stop the heat, cover and leave to rest for 2 minutes. Squeeze lemon juice on top and stir again. Serve drizzled with olive oil.

Ingredients:

- 5 cups vegetable stock
- 1.5 tbsp unsalted butter
- 2 tbsp olive oil (more to serve)
- 1 twig lemon thyme
- 1 leek, white part only, finely chopped
- 1 shallot, finely chopped
- 1 garlic clove, peeled and finely diced
- Zest of 1 lemon
- 1.5 cup Carnaroli rice
- 1/4 cup Vermouth or dry white wine
- 5 1/2 cups vegetable broth
- 2 cups shelled green peas fresh or frozen
- 1/2 cup Parmesan
- 2 tbsp crème fraiche
- 10 basil leaves, chopped
- 1 tbsp parsley, chopped
- To serve, squeeze of lemon juice

Gluten intolerant. Root vegetable soup

Preparation:

1. In a large pot, heat two tablespoons of olive oil over medium heat. When warm, add the onion, leek, thyme and coriander. Cook for 3 minutes until the onion and leek are soft.
2. Add the garlic and cook 1 more minute. Add the sun dried tomato paste and tomato and cook for 2 minutes. Add the rest of the vegetables, bay leaf, sugar and water. Season with salt and pepper, bring to a simmer and cover. Cook for 20 minutes. Discard the bay leaf and thyme. Transfer the soup to the bowl of a food processor and purée until smooth.
3. For the garnish, in a frying pan heat 1 tablespoon of olive oil over medium heat. When warm add the squash and season with salt and pepper. Cook 5-6 minutes until tender. Serve the soup in large bowls and top with the crème fraiche, squash, cheese, parsley and truffle oil.

Ingredients:

- Olive oil
- ¼ chopped red onion
- 1 leek (white part only) chopped
- 2 twigs of thyme
- 1 tsp ground coriander
- 2 garlic cloves, minced
- 1 tsp sun dried tomato paste
- 1 tomato, peeled, cored, seeded and diced
- 1 large sweet potato and parsnip, peeled and diced
- 2 small turnips and carrots, peeled and diced
- 14 oz (400 g) peeled and diced red kuri squash
- 1 bay leaf
- 1 tbsp sugar
- 5 cups cold water

Garnish:

- crème fraiche
- ½ cup finely diced red kuri squash
- crumbled soft goat cheese
- fresh parsley
- white truffle oil

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Classic and perfect for fall

Take traditional onion soup and add mushrooms for an earthy twist

The dark, rich broth and cheese-encrusted top are perfect for fending off a chilly evening. This version adds more members of the onion family, herbs, as well as the earthiness of mushrooms.

Preparation:

1. Cut dried mushrooms into pieces; place in heat-safe bowl. Pour boiling water over mushrooms; set aside.
2. In saucepan over medium heat, melt 45 ml (3 tbsp) butter. Add onions and cook until well browned, stirring regularly, 15 mins. If onions begin to brown too fast, add water. When onions are browned, add wine and stir to deglaze pan. Add leeks, shallots, garlic, thyme, rosemary and 30 ml (2 tbsp) butter.
3. Increase heat to medium-high and cook until leeks tender, 8 mins. Add flour; stir to coat. Pour in broths, stir and bring to boil. Add steeped mushrooms, reduce heat to simmer for 10 mins. Add salt, pepper.
4. Heat broiler. Ladle soup into 4 oven-safe crocks. Top each with slice of bread and cheese. Arrange crocks on a rimmed baking sheet, place under broiler and cook until cheese melts and begins to brown, 2 mins. Serve with chives.

THE ASSOCIATED PRESS

Ingredients:

- 1 pkg (60 g/2 oz) dried porcini mushrooms
- 250 ml (1 cup) boiling water
- 75 ml (5 tbsp) butter
- 3 sweet onions, sliced
- 50 ml (1/4 cup) white wine
- 2 leeks, white parts only, cleaned and sliced
- 2 shallots, chopped
- 2 cloves garlic, minced
- 30 ml (2 tbsp) each chopped thyme, rosemary
- 45 ml (3 tbsp) all-purpose flour
- 500 ml (2 cups) each chicken and beef broth
- Salt and black pepper
- 4 slices stale crusty bread
- 4 slices fontina cheese
- Chopped fresh chives

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This recipe makes four servings.

Rose Reisman's Swap It

With Chinese food, you eat, burp and eat again! It fills you out, but not up. Chicken is usually healthier than beef — but not in this case.

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‘The best way to heal is to reach out’

Ellen Campbell doing her best to help abuse victims

When Ellen Campbell is happy, her smile can light up an entire room. Not many know about the dark days she has gone through because of the sexual abuse she suffered as a child.

As she careened through adulthood she was always chased by depression. She became suicidal and ended up in a hospital psychiatric ward.

“I wanted to kill myself and I didn’t know why. As I was lining up for my pills I knew that if I didn’t fight back it would end badly. It was a turning point in my life and I realized I needed help.”

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

She founded the Canadian Centre for Abuse Awareness in 1993 and today with the help of supporters like John Derringer and Q107 radio, they help over 200,000 women, men and children a year.

“Society is finally recognizing the damage that abuse causes. The best way to heal is to reach out for help.”

October is Child Abuse Awareness month.

We salute you Ellen Campbell, and all the amazing people that work to protect men, women and children and bring awareness to this issue.

SUBMITTED

▶ Ellen Campbell is the founder of the Canadian Centre for Abuse Awareness.

Who says science and research can’t be fun?

Male beetles found making love to beer bottles

A paper on beer bottle-mating beetles was the toast of the Ig Nobel Prizes, which honour research tickling both the brain and the funny bone.

Research co-authored by University of Toronto professor Darryl Gwynne and his Australian colleague David Rentz was the winner in the biology category. The awards ceremony was held at Harvard University on Thursday.

A parody of the Nobel Prizes, the Ig Nobel Prizes are handed out annually by the scientific humour magazine Annals of Improbable Research. The awards are “intended to celebrate the unusual, (and) honour the imaginative” while generating public interest in science, medicine and technology.

HANDOUT/THE CANADIAN PRESS

▶ University of Toronto professor Darryl Gwynne

Gwynne and Rentz were honoured for their 1983 paper Beetles on the Bottle: Male Buprestids Mistake Stubbies for Females. Gwynne joined U of T’s Mississauga campus in 1987 and conducted his research as a post-doctoral fellow at the University of Western Australia in Nedlands.

While carrying out field work and walking along a dirt road in Western Australia, Gwynne and Rentz observed male Australian jewel beetles trying to crawl atop or along the side of scattered brown beer bottles, or “stubbies.”

Gwynne said the stubbies resemble a “super female” jewel beetle in shape and hue, big and orangey-brown in colour. The bottles also feature a slightly dimpled surface near the bottom — aimed at preventing the bottle from slipping out of one’s grasp — that reflects light in much the same way as female wing covers.

HANDOUT/THE CANADIAN PRESS

▶ An Australian jewel beetle is seen on a beer bottle.

The beetles’ longing for loving was so strong that they fried to death under the hot sun trying to mate with the bottles and ignored the females. They were eaten by hungry ants or had to be removed by the researchers.

While being recognized for the humour in the research, Gwynne said there are serious messages in the findings.

Gwynne said human interference — perhaps unwittingly — in the evolutionary process can lead to unintended consequences. In this instance, the fact that female beetles were ignored by males could have a huge impact on the natural world.

“Improperly disposed of beer bottles not only present a physical and ‘visual’ hazard in the environment, but also could potentially cause great interference with the mating system of a beetle species,” says the paper.

What’s more, Gwynne says the research supports the theory of sexual selection — that males, in their eagerness to mate, are the ones that make mating mistakes.

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A different kind of rhyme

Some are poking fun at conventional poetry events

When Sara Bynoe's heart was tossed in a blender and pulverized at age 14, she vented her roiling anguish by writing 16 lines of poetry.

All but one started with the f-word. (And in that line, the expletive came second.)

Five years later, Bynoe stumbled across a binder of an ex-boyfriend's old poetry. She just had to phone a friend.

"We laughed," she recalled of the recitation. "And I went, wait, wait, wait — I have some really terrible stuff I wrote when I was a teenager, it's only fair."

DARRYL DYCK/THE CANADIAN PRESS

▶ Jodie Nichols takes part in the World's Worst Poetry slam in Vancouver last month.

What started as a deliciously devious romp through nostalgia spawned a popular website compiling "the world's worst poetry." Next came a spin-off live event inviting audience members to share their own.

From obvious rhyming to appallingly atrocious alliteration, Bynoe was among the first on the scene to showcase bad writing for its own sake.

Her quarterly Teen Angst poetry night has garnered an intense following in Vancouver, a city otherwise known for its illustrious authors and as the birthplace for poetry slams in Canada.

Counterpart events have since popped up in various iterations, from Grownups Read Things They Wrote as Kids in Toronto to events like Cringe in Brooklyn, N.Y.

Bynoe also hosts Say Wha?! where performers read others' embarrassing and painfully earnest writing.

The gatherings end up feeling like a slumber party, where deep secrets are laid bare, she said.

"What they get out of it is a group hug, and being able to laugh at yourself," said Bynoe, now a 31-year-old actor, writer and comedic performer. "That's my motivation for doing it, to stop taking yourself so seriously.

"You can learn from your teen angst."

Reese McBeth read an 18-year-old journal entry at the show last week, sending the room into titters.

"It's cathartic," said the 32-year-old, after describing how at age 14 puberty felt like dying.

"Revisiting this stuff just reminded me that I was a lot more normal than I thought I was as a child." THE CANADIAN PRESS

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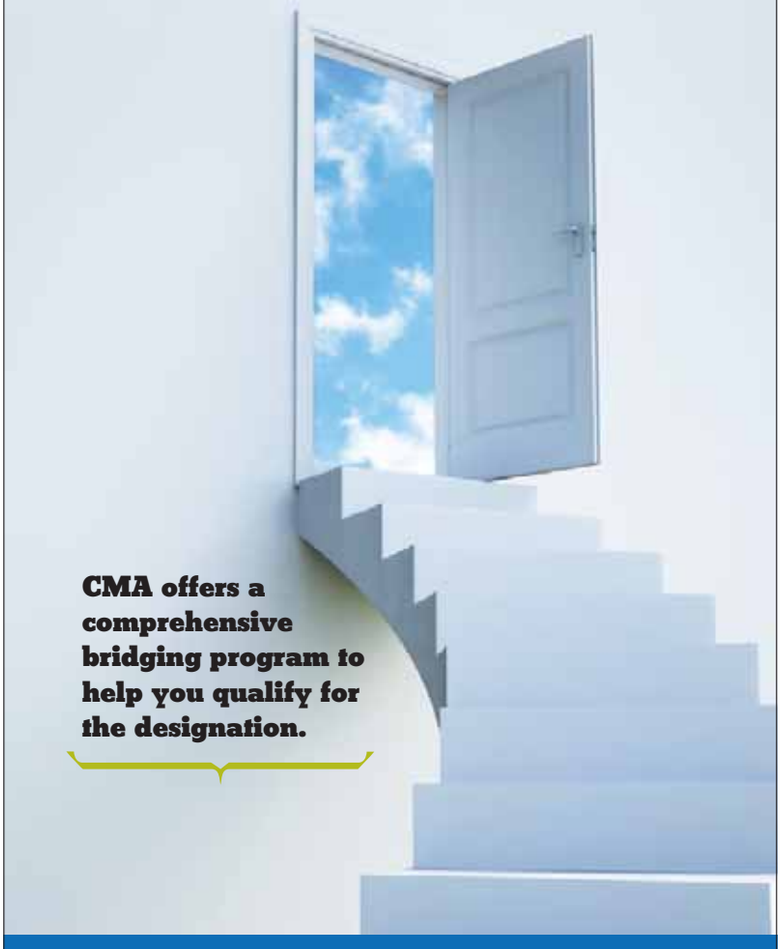

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Own up to your actions

Failure to take responsibility for actions at work ranked No. 1 pet peeve, according to survey

ISTOCK

While this man may not like gossip, the same cannot be said about Canadians, who seem to be more accepting of cubicle-whispering than other countries.

Imagine arriving late for a meeting after ignoring the email outlining the agenda, then tucking into a pungent lunch while loudly relating some juicy gossip about your co-workers.

While you'd surely become the subject of water-cooler chatter yourself, your colleagues might be more inclined to forgive it all if you just own up to your actions, a new survey suggests.

A survey conducted by LinkedIn, a high-profile social network for professionals, found a majority of participants ranked failure to take responsibility for actions as their No. 1 pet peeve in office environments around the world.

Of nearly 17,000 LinkedIn users across 16 countries, 78 per cent said they were driven to distraction by those who refused to hold themselves to account or own up to mistakes — the top issue in every country, LinkedIn said.

Constantly complaining co-workers ranked second on the list of annoyances, followed by those who leave common areas cluttered or dirty.

Considering most employees are most concerned about their own careers, the findings come as no surprise, said LinkedIn spokeswoman Danielle Restivo.

"If someone hasn't taken ownership for their actions, it could affect you in some way," Restivo said.

"That could have an effect on your career, and that's the last thing you want. At the end of the day, that's going to get to you more than a stinky fridge."

Not surprisingly, the prominence of other office irritants varied by country.

Some 58 per cent of Canadian women frowned on revealing office attire, compared with just 26 per cent of men, Restivo said, although respondents in Sweden and Italy were more tolerant.

Canadians are also easily bugged by those who show up late for meetings, but more accepting of office gossip than other countries — particularly Brazil, where cubicle-whispering ranked second in the list of national gripes.

Overall, though, Canadian workers appear quick to aggravation, ranking fifth on the list of "most peeved countries," ahead of the United States in eighth place. THE CANADIAN PRESS

Peeved off

According to the survey, in terms of sheer numbers of pet peeves, India came out on top, showing a particular dislike for obnoxious cellphone ringtones.

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Think Pink

October marks Breast Cancer Awareness Month

Breast cancer doesn't just touch women diagnosed with this illness; it also impacts their partners, children, other family members, close friends and wider communities. The good news is that the breast cancer death rate has fallen by more than 30 per cent since 1986 and is currently the lowest it has been since 1950. And Canadian scientists continue to make headway in areas of prevention, diagnosis, treatment and management of this disease. Pauline Anderson looks at what's here and what's coming.

Bare breast stats

Get the stats on breast cancer:

- **An estimated** 23,200 women in Canada were diagnosed with breast cancer in 2010 (an increase of 500 from 2009) and 5,300 died from the disease.
- **On average,** 445 Canadian women are diagnosed with breast cancer every week.
- **One in nine** (or 11 per cent) Canadian women are expected to develop breast cancer during their lifetime (by age 90).
- **Breast cancer** also affects men; in 2010, an estimated 180 Canadian men were diagnosed with breast cancer and 50 died from the disease.
- **At present,** the five-year survival rate for female breast cancer in Canada is 87 per cent (84 per cent for men), which means that women diagnosed with breast cancer have an 87 per cent likelihood of living for five years after their diagnosis.
- **Breast cancer** death rates have declined in every age group since the mid-1990s.
- **Of the women** who undergo mammography screening, about five per cent are invited for a return visit; of these, 90 per cent are given a clean bill of health and 10 per cent undergo further investigations.
- **An average of** one in 2,500 woman investigated will undergo surgery for breast cancer.
- **About 88 per cent** of possible cases are detected by mammography.

Do you suffer from chronic, stubborn PAIN?

Sunrise
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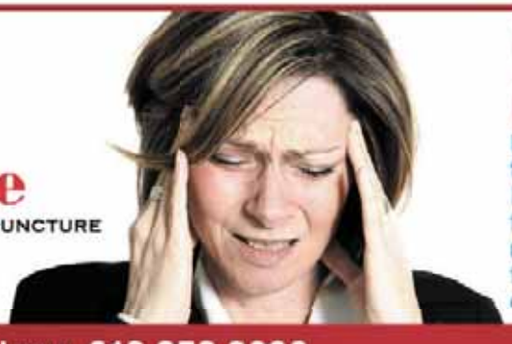

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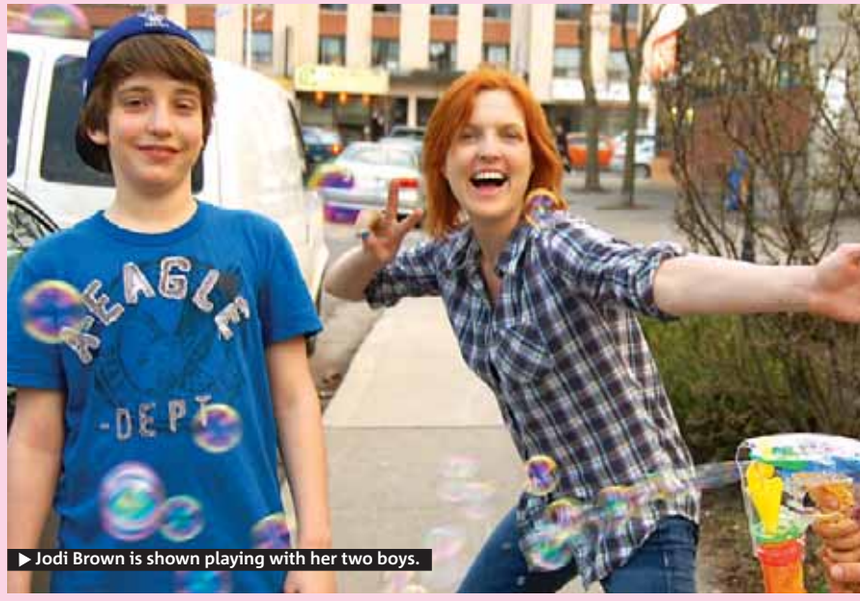
‘Keep climbing’

It’s been nearly a year since Metro’s Jodi Brown was told she had breast cancer right before her 39th birthday The mother of two shares her story ‘My Metro horoscope that day read: You were born to reach the top of your chosen profession. So start climbing.’



▶ Jodi Brown is shown playing with her two boys.

A few thoughts

I’m eight weeks after treatment and odds are very, very good that I’m forever breast cancer free. But, if you are just starting this journey, here are five random insights:

- **Hot girls get breast cancer.** You’re in good company. Think Christina Appelgate, Sheryl Crow, Kylie Minogue...
- **Real hair wigs are worth every penny.** Don’t let anyone convince you that the synthetic hair wig at half the price will do. It won’t. It gets fuzzy and awful and looks bad.
- **Eyelashes have a purpose other than batting at boys.** Who knew? Wear sunglasses when riding a bike during chemo or bugs and dust will make your eyes tear up.
- **During chemo,** when your brain is fuzzy, like really, really fuzzy, remember some people feel like that ALL the time.
- **Don’t take your horoscope literally.** But keep climbing.

In the middle of my workday — climbing to the top of my chosen profession of course — I went to my doctor’s office.

My actual doctor, let’s call him Dr. D (because that’s what I actually call him) wasn’t there so the doctor on duty, let’s call her Doctor XX (because I can’t remember her name), did a routine breast exam.

While palpating around she felt something and had me feel it too. Something small, hard and round — like a pea. Textbook right?

She reassured me that it was probably a cyst and would likely shrink or clear in a week or two. Days passed, then weeks, and it didn’t. Not even a little bit.

I hadn’t planned to tell my boyfriend. If it turned out to be cancer, I was going to make an excuse to break up with him. I mean, who would ask a brand spanking new boyfriend to deal with Cancer Girl.

And then, out of the blue, he noticed the little lump. There it was. He reassured me that he wasn’t going anywhere. I replied that I wouldn’t give him the choice. When I got my diagnosis I called and told him to break up with me, but he still wouldn’t.

Dr. XX was there for my follow-up. She told me there was still no reason to worry; it could be a lot of things. I cried anyway. She took pity and sent me for an ultrasound and mammogram to ease my mind.

I called my best friend to meet me for support. As we waited in the hallway (men aren’t allowed in the actual waiting room), I told him I was sure I had cancer. He crumpled up the package from the bagel he’d brought me and tossed it at me. We played paper bag catch for the next hour — it felt like 10 — while we waited.

I was eventually brought in and squished in the mammogram machine. The results were negative. It was double-checked with an ultrasound, and it took the doctor less than a minute to tell me that the lump I’d been obsessing about for two weeks was a lymph node that had floated down into my breast. It was absolutely nothing to worry about.

I was ready to jump up and kiss him on the mouth when he said he saw something in a different part of my breast. He was 99 per cent certain it was nothing, just a little cloudiness on the ultrasound, but he’d recommend a biopsy to be sure. I charmed him into performing the biopsy right there on the ultrasound table.

I walked back into the hall and hugged my BFF. I didn’t have cancer. We had a beer. I went home that night and told my two sons I was sorry I had been acting weird for the last two weeks. “I thought I had cancer but I don’t.” Then I did the “I don’t have cancer” happy dance. They were unimpressed. I’m a terrible dancer.

I returned to Dr. D’s a week or so later for a referral for one of my sons. After 20 minutes waiting in his office, I was getting pissed. The doctor walked into the room with my file, not my son’s.

“You have cancer.” (Well, you already know this isn’t an I-don’t-have-cancer story.) “Listen, I wouldn’t want to be sitting in your chair but if I had to be sitting in your chair and be told I had cancer, I’d want to be told I

▶ Jodi waking up after surgery.

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ALL PHOTOS PROVIDED BY JODI BROWN

▶ Jodi's sister Caitlin shaved her head to support her sister.

had breast cancer. It's one of the ones we now understand, and typically the prognosis is good. I'm going to refer you to the breast centre."

I had a surgery decision to make. There was cancer in my right breast for sure, but seven biopsies on the left side later and it was still uncertain if it was in both.

Testing positive for BRCA (the "breast cancer gene") gives you a 60 per cent chance of developing breast cancer in your lifetime. I decided to get a bilateral mastectomy because I was reasonably sure I'd test BRCA positive — my grandmother had breast cancer and I'm of Ashkenazi Jewish decent, which also increases my chances. (My results, which came back months after my surgery, determined I didn't carry the gene.)

And — more importantly for me — I had decided to have breast reconstruction at the same time as the mastectomy, and I figured if you have to get one new breast, you might as well get the other to match.

After surgery I woke up high as a kite on morphine. It wasn't easy to come out of that surgery, but without the breast reconstruction it would have been 1,000 times harder.

I later learned that Dr. C gave my sisters and my boyfriend high fives while I was in the recovery room. The surgery had gone well and by all early accounts I wouldn't need radiation because it didn't look like any cancer was near my chest wall nor had it metastasized into my lymph nodes.

I thought I was out of the water decision-wise after the surgery, but now I had to choose whether to go with the post-surgery recommended course of six rounds of chemo as "insurance," in case a cancer cell had escaped into my blood stream.

I didn't want to go through chemo. Remember, I was "born to be at the top of my profession" and I was supposed to be "climbing" there.

But, how terrible would I feel if I turned down the "insurance" of chemo and then didn't get a chance to see my sons grow up. I decided to go forward with the 18 weeks of treatment.

I was worried that, as a woman in business, showing people I had cancer (hard to hide when you're bald or wearing a wig and lose your eyelashes and eyebrows) would make me look weak and a liability.

I didn't have to worry. My boss soon assured me cancer doesn't need to change the way you are treated or perceived at work. His support helped me "come out" in the business world, to show other women that a cancer diagnosis is not the end of the world, or your career.

Chemo sucks. Don't get me wrong. But to be honest I thought it would be even worse. I did lose my hair. I did lose almost all my eyelashes. I did lose almost all my eyebrows. Ironically I had to get my lip waxed anyway halfway through my treatment.

The best parts? Falling in love again with someone who stood by me the whole time even though he'd only known me a short time pre-diagnosis. He was awesome. We played with a bouncy ball while chemo pumped into my veins.

He made other patients smile. He made me laugh. He made me feel not-so-ugly. He went about building a new life with me as if cancer wasn't a thing.

And my kids were amazing. And my ex came around and went from bitter and resentful to understanding and empathetic.

And my colleagues were supportive and trusting that I'd come out of this better than before. And my direct reports, the managers who had to carry me when my brain was cotton candy, made me look good and took care of the things when I couldn't.

And my sisters were my rocks. And the whole entire rest of my family rallied around me.

The people who love me made it almost easy.

Brand new breasts

My surgical oncologist, the amazing, sensitive Dr. C (she's the best. Tweet me at @luckyjodi if you want her full name; hint: it starts with a "C"), recommended I postpone reconstruction to be "safe."

If you get immediate reconstruction and need radiation, it might mess up your new boobs. On the flip side, the immediate reconstruction gives the best and most natural results if you don't need radiation.

Dr. C said a recommendation for delayed reconstruction was typical in Canada, where we tend to be more conservative, whereas in the U.S. immediate reconstruction is more common.

Recognizing my struggle, she ensured that I met with every specialist I could to help me evaluate the chance of success with immediate reconstruction. I liked my odds and my sister gave me a "I'd do it" so I gave the thumbs up to replacing my old cancerous breast/s with brand new silicone-filled ones immediately after surgery.

Arriving at that decision made me feel instantly relieved. I had control over something and I actually kind of liked the idea of brand new breasts.

▶ Jodi with her boyfriend Matt.

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Catching cancer with high-tech tools

Several new developments in mammography and other cancer detection technologies are helping to find breast cancer earlier ◗ And there's more in the pipeline ◗ Here's a look at what's new and what's coming

Digital mammography
This technology, which records X-ray images that can then be viewed on a monitor, is quickly replacing standard analog film systems.

"You can sharpen the image, adjust the contrast and brightness, calculate things from the image, and send the image to a doctor in another location via the Internet," says Martin Yaffe, a physicist and senior scientist at Sunnybrook Health Science Centre in Toronto and a professor of medical biophysics at the University of Toronto.

"It's a better picture and it's easier to see a cancer if it's there, and it's also easier to tell if there's no cancer."

A recent international trial that included Sunnybrook found that digital mammography detects tumors more accurately than standard mammography in younger women and those with dense breasts.

ISTOCK

▶ Technology is getting better at diagnosing — and treating — breast cancer.

Breast MRI (Magnetic Resolution Imaging)
Sunnybrook is also evaluating MRI scanners that are equipped to image breasts in women at very high risk for breast cancer — they either have a strong family history or carry one of the two genetic mutations. "Breast MRI imaging is substantially better than standard mammography and is at least 80 to 90 per cent accurate," says Yaffe.

Tomosynthesis
This new 3D digital mammography machine is still at the testing stage. The breast itself is three-dimensional, but regular mammography images of the breast are flat, "so all that information is kind of squashed down," says Yaffe. The 3D image allows experts to observe slices of the breast in sequence, like flipping through a book, page by page.

Molecular imaging
Even further down the road is a new technology that depicts suspicious changes in the breast at the molecular level. "It's almost like the cancer has a fingerprint or a signature," says Yaffe. "Instead of just looking for a mass or lump in the breast with imaging, we're looking at actual molecular signatures that tell you that something has changed at the molecular level."

Diagnostic probe
Researchers in Hamilton, Ont., are evaluating a new probe that when injected into breast cancer patients quickly gets picked up by cancer cells and "lit up" by a PET (positron emission topography) scanner. Unlike a biopsy, this new technique shows the entire tumour. The images could be useful to determine early on whether a tumour is responding to treatment.

Low dose radiation
New mammography machines, which use half the radiation and produce better quality images than standard machines, are now in use in parts of the country. The system eliminates the "dead" pixels found with other types of digital systems that can make the detection of cancer more difficult. Images with these new machines are delivered with a resolution that is up to four times higher.

New treatments

Scientists are developing strategies for drug treatments that are more effective.

- **SERMS (Selective Estrogen Receptor Modulators):** A new study found that treatment with tamoxifen cut annual breast-cancer mortality by 30 per cent.
- **Exemestane:** The Aromatase inhibitor significantly reduces the risk of breast cancer in some high-risk women, according to a landmark Canadian-led prevention trial.

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4 sports

Tigers beat Yanks, elements

CHRIS TROTMAN/GETTY IMAGES

▶ Detroit's Jose Valverde celebrates the final out in Game 2 of the AL division series against the Yankees yesterday.

Detroit holds on to even ALDS as skies open up at Yankee Stadium

5	3
TIGERS	YANKEES

Detroit closer Jose Valverde held off a furious New York ninth-inning rally and the Tigers avoided a major slip-up, beating the Yankees 5-3 on a rainy evening last night to even their best-of-five AL playoff series at one game apiece.

Down 5-1, the Yankees scored twice in the ninth. New York got a chance to win it when Detroit catcher Alex Avila lost his footing on the slick on-deck circle while chasing a foul that would've been the final out.

"It's a little hard. That's what happens sometimes," Valverde said.

After his popup landed untouched, Curtis Granderson drew a walk. With two outs and two on, Robinson Cano came to the plate.

Cano, who hit a grand slam and had six RBIs as New York won the opener, hit a routine groundball to end it.

"All of a sudden, against anybody — but particularly against a team like them with the short porch in right field — it was not a good feeling," Tigers manager Jim Leyland said. "But it worked out OK."

Tigers starter Max Scherzer pitched no-hit ball into the sixth before Cano blooped an opposite-field single to left.

Miguel Cabrera's two-run homer in the first off Freddy Garcia gave Scherzer an early edge, and the Tigers took a 4-0 lead into the eighth.

Granderson hit a solo shot off Tigers reliever Joaquin Benoit in the eighth. Pretty soon, the rain — and all the drama — filled Yankee Stadium.

Game 3 is tonight at Detroit. In an ace rematch, CC Sabathia is scheduled to start for the Yankees against Justin Verlander. The all-stars faced each other in the series opener Friday night, but the game was suspended after only 1 ½ innings because of rain.

The Yankees lost three of four this year at Detroit and are 22-25 at Comerica Park since it opened in 2000. It's one of two AL stadiums where New York has a losing record.

The Tigers fly home with a chance to take control of the series, just as they did in 2006 when they lost the opener in New York before sweeping three-straight.

Yankees manager Joe Girardi rested late-game relievers Rafael Soriano and Dave Robertson, and Detroit made it 5-1 in the ninth on Don Kelly's RBI single. THE ASSOCIATED PRESS.

Quoted

"Today I couldn't fault the commitment or anything like that from the guys. They were still making the big hits at the end and some real positives came out of the tournament for us."

CANADA'S COACH KIERAN CROWLEY AFTER HIS TEAM'S 79-15 LOSS TO NO. 1 RANKED NEW ZEALAND AT THE RUGBY WORLD CUP YESTERDAY. THE LOSS COUPLED WITH UNDERDOG TONGA'S WIN OVER FRANCE ON SATURDAY DROPPED CANADA (1-1-2) TO FOURTH-PLACE IN POOL A. IF CANADA HAD BEEN ABLE TO FINISH THIRD IN ITS FIVE-TEAM POOL, IT STOOD TO EARN AUTOMATIC QUALIFICATION FOR THE NEXT WORLD CUP AND WITH IT THE EXTRA INVESTMENT AND MATCHES THAT MIGHT BE CHANNELED ITS WAY BY THE INTERNATIONAL RUGBY BOARD.

National League

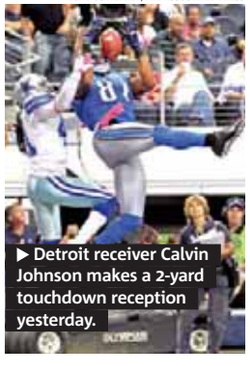
Jonathan Lucroy drove in the go-ahead run with a squeeze and the Milwaukee Brewers broke away from the Arizona Diamondbacks 9-4 yesterday to take a 2-0 lead in their NL division series.

▶ Ryan Braun, pictured, hit a two-run homer and slugger Prince Fielder added an RBI single for Milwaukee.

▶ The Brewers now hold a 2-0 lead in a playoff series for the first time in franchise history. Game 3 is tomorrow at Arizona. Milwaukee will go for a sweep when Shaun Marcum takes on rookie Josh Collmenter. THE ASSOCIATED PRESS

Lions kings of late comebacks

TONY GUTIERREZ/THE ASSOCIATED PRESS



▶ Detroit receiver Calvin Johnson makes a 2-yard touchdown reception yesterday.

Matthew Stafford saw his defence start wiping out a 24-point deficit with interceptions returned for touchdowns midway through the third quarter, then he and Calvin Johnson took over from there, leading the Detroit Lions to a stunning 34-30 victory over the Dallas Cowboys yesterday in Arlington, Texas.

A week after turning a 20-point halftime deficit into an overtime win, the Lions provided further proof they're a legitimate contender this season.

Detroit is 4-0 and has won an NFL-best eight-straight games. This also was its team-record fifth-straight road win, avenging a loss here last November that was its NFL-record 26th straight road loss.

Tony Romo and the Cowboys (2-2) continued to show no lead is safe for them. They also blew a 14-point fourth-quarter lead for the first time in franchise history in the opener. THE ASSOCIATED PRESS

Around the NFL

In other action yesterday:

▶ **Bengals 23-Bills 20:** Cincinnati's rookie QB Andy Dalton, pictured, led the Bengals (2-2) back from a 17-3 halftime deficit culminating in Mike Nugent's 43-yard field goal as time ran out against previously unbeaten Buffalo (3-1).

▶ **Texans 17-Steelers 10:** Arian Foster rushed for 155 yards and the go-ahead touchdown in the fourth quarter as Houston (3-1) overcame a hamstring injury to Andre Johnson for the win over injury-plagued Pittsburgh (2-2).

▶ **Titans 31-Browns 13:** Veteran QB Matt Hasselbeck threw three TD passes in the first half and safety Jordan Babineaux returned an interception 97 yards for a TD for Tennessee's third-straight win under first-year coach Mike Munchak. THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

PLAYOFFS

DIVISION SERIES

All Times Eastern
(Best-of-5)

AMERICAN LEAGUE

N.Y. YANKEES (E) VS. DETROIT (C)
(Series tied 1-1)
Yesterday's result
Detroit 5 N.Y. Yankees 3
Saturday's result
N.Y. Yankees 9 Detroit 3 (comp. of susp. game)
Tonight's game
N.Y. Yankees (Sabathia 19-8) at Detroit (Verlander 24-5), 8:37 p.m.
Tomorrow's game
N.Y. Yankees at Detroit, TBA
Thursday's game
x-Detroit at N.Y. Yankees, TBA
TEXAS (W) VS. TAMPA BAY (WC)
(Series tied 1-1)
Saturday's result
Texas 8 Tampa Bay 6
Today's game
Texas (Lewis 14-10) at Tampa Bay (Price 12-13), 5:07 p.m.
Tomorrow's game
Texas at Tampa Bay, TBA
Thursday's game
x-Tampa Bay at Texas, TBA

NATIONAL LEAGUE

PHILADELPHIA (E) VS. ST. LOUIS (WC)
(Philadelphia leads series 1-0)
Last night's result
St. Louis at Philadelphia
Saturday's result
Philadelphia 11 St. Louis 6
Tomorrow's game
Philadelphia at St. Louis, TBA
Wednesday's game
x-Philadelphia at St. Louis, TBA
Friday's game
x-St. Louis at Philadelphia, TBA
MILWAUKEE (C) VS. ARIZONA (W)
(Milwaukee leads series 2-0)
Last night's result
Milwaukee 9 Arizona 4
Saturday's result
Milwaukee 4 Arizona 1
Tomorrow's game
Milwaukee at Arizona, TBA
Wednesday's game
x-Milwaukee at Arizona, TBA
Friday's game
x-Arizona at Milwaukee, TBA
x — if necessary.

CALENDAR

Oct. 19 — World Series begins, city of NL champion.
October-November — Free agent period to sign exclusively with former teams, first five days after World Series ends.
Nov. 14-15 — General managers' meetings, Milwaukee.
Nov. 15-16 — Owners' meetings, Milwaukee.
Nov, 23 — Last day for teams to offer salary arbitration to their former players who became free agents.
Dec. 5-8 — Winter meetings, Dallas.
Dec. 7 — Last day for free agents offered salary arbitration to accept the offers.
Dec. 11 — Collective bargaining agreement expires.

TIGERS 5, YANKEES 3

Detroit	ab	r	h	bi	New York	ab	r	h	bi
AJcksn cf	5	1	0	0	Jeter ss	5	0	0	0
Ordonz rf	3	1	3	0	Grndrs cf	4	1	1	1
Kelly pr-rf	2	1	1	1	Cano 2b	4	0	1	0
DYong lf	5	0	0	0	ARdrg 3b	3	0	0	0
MiCarr 1b	4	1	3	3	Teixeir 1b	4	0	0	0
VMrtnz dh	4	0	1	1	Swisher rf	3	1	1	1
Avila c	3	0	0	0	Posada dh	3	1	2	0
JhPerlt ss	4	0	0	0	RMartn c	2	0	0	0
Betemt 3b	2	0	0	0	Gardnr lf	2	0	0	0
Inge 3b	1	1	1	0	ErChvz ph	1	0	0	0
RSantg 2b	2	0	0	0	AnJons lf	0	0	0	1
Totals	**35**	**5**	**9**	**5**	**Totals**	**31**	**3**	**5**	**3**
Detroit					**200**	**002**	**001**	**5**	
New York					**000**	**000**	**012**	**3**	

E—Jeter (1). LOB—Detroit 7, New York 9. 3B—Posada (1). HR—Mi.Cabrera (1), Granderson (1), Swisher (1). SB—Mi.Cabrera (1). S—R.Santiago 2. SF—An.Jones.

Detroit	IP	H	R	ER	BB	SO
Scherzer W,1-0	6	2	0	0	4	5
Benoit H,1	2	1	1	1	0	3
Valverde	1	2	2	2	2	1
New York						
F.Garcia L,0-1	5 1-3	6	4	3	0	6
Logan	2-3	0	0	0	0	2
Wade	2	2	0	0	1	2
Ayala	1	1	1	1	0	0

Scherzer pitched to 2 batters in the 7th.
HBP—by Scherzer (R.Martin), by Ayala (Inge).
Balk—Logan.
Umpires—Home, Eric Cooper; First, Gerry Davis; Second, Dan Iassogna; Third, Ted Barrett; Right, Tony Randazzo; Left, Bill Welke.
T—3:34. A—50,596 (50,291).

BREWERS 9, DIAMONDBACKS 4

Arizona	ab	r	h	bi	Milwaukee	ab	r	h	bi
Blmqst ss	4	0	0	0	C.Hart rf	5	2	2	1
A.Hill 2b	3	1	3	0	CGomz cf	0	0	0	0
J.Upton rf	5	1	1	2	Morgan cf-rf	5	0	1	2
MMntr c	4	0	0	0	Braun lf	4	2	3	3
Gldsch 1b	4	1	1	1	Fielder 1b	4	1	1	1
CYoung cf	4	1	3	1	RWeks 2b	4	0	1	1
RRorts 3b	4	0	2	0	HrstnJr 3b	4	1	2	0
GParra lf	4	0	0	0	YBtncr ss	3	1	0	0
DHdsn p	2	0	0	0	Lucroy c	3	1	1	1
Ziegler p	0	0	0	0	Greink p	2	0	1	0
Patersn p	0	0	0	0	Saito p	0	0	0	0
Shaw p	0	0	0	0	Kotsay ph	0	1	0	0
Brrghs ph	1	0	0	0	Hwkns p	0	0	0	0
Owings p	0	0	0	0	FrRdrg p	0	0	0	0
Blum ph	1	0	0	0	McGeh ph	1	0	0	0
DHrndz p	0	0	0	0	Axford p	0	0	0	0
Totals	**36**	**4**	**10**	**4**	**Totals**	**35**	**9**	**12**	**9**
Arizona					**010**	**120**	**000**	**4**	
Milwaukee					**202**	**005**	**00x**	**9**	

E—Ziegler (1), Y.Betancourt (1). DP—Arizona 1. LOB—Arizona 10, Milwaukee 5. 2B—C.Young (1), R.Roberts (1), Braun (2), Hairston Jr. (1). 3B—R.Weeks (1). HR—J.Upton (1), Goldschmidt (1), C.Young (1), Braun (1). SB—Bloomquist (2). CS—R.Roberts (1). S—Lucroy.

Arizona	IP	H	R	ER	BB	SO
D.Hudson L,0-1	5 1-3	9	5	5	0	6
Ziegler	0	3	4	4	2	0
Paterson	1-3	0	0	0	0	1
Shaw	1-3	0	0	0	0	0
Owings	1	0	0	0	0	1
Da.Hernandez	1	0	0	0	0	0
Milwaukee						
Greinke	5	8	4	4	0	7
Saito W,1-0	1	1	0	0	0	1
Hawkins	1	0	0	0	2	1
Fr.Rodriguez	1	1	0	0	1	2
Axford	1	0	0	0	2	2

Ziegler pitched to 6 batters in the 6th.
Balk—Ziegler.
Umpires—Home, Alfonso Marquez; First, Joe West; Second, Bruce Dreckman; Third, Jeff Kellogg; Right, Ron Kulpa; Left, James Hoye.
T—3:29. A—44,066 (41,900).

NFL

WEEK 4

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	3	1	0	.750	133	96
New England	3	1	0	.750	135	98
N.Y. Jets	2	1	0	.667	83	61
Miami	0	4	0	.000	69	104

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	107	70
Tennessee	3	1	0	.750	88	56
Jacksonville	1	3	0	.250	39	85
Indianapolis	0	3	0	.000	46	84

NORTH

	W	L	T	Pct	PF	PA
Baltimore	2	1	0	.667	85	40
Cincinnati	2	2	0	.500	80	74
Cleveland	2	2	0	.500	74	93
Pittsburgh	2	2	0	.500	64	72

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	91	85
Oakland	2	2	0	.500	111	113
Denver	1	3	0	.250	81	111
Kansas City	1	3	0	.250	49	126

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	3	1	0	.750	83	63
N.Y. Giants	3	1	0	.750	102	87
Dallas	2	2	0	.500	99	101
Philadelphia	1	3	0	.250	101	101

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	3	1	0	.750	127	98
Tampa Bay	2	1	0	.667	60	60
Atlanta	2	2	0	.500	90	105
Carolina	1	3	0	.250	89	102

NORTH

	W	L	T	Pct	PF	PA
Green Bay	4	0	0	1.000	148	97
Detroit	4	0	0	1.000	135	76
Chicago	2	2	0	.500	94	98
Minnesota	0	4	0	.000	77	96

WEST

	W	L	T	Pct	PF	PA
San Francisco	3	1	0	.750	94	75
Seattle	1	3	0	.250	58	97
Arizona	1	3	0	.250	86	87
St. Louis	0	4	0	.000	46	113

Yesterday's results
Atlanta 30 Seattle 28
Chicago 34 Carolina 29
Cincinnati 23 Buffalo 20
Detroit 34 Dallas 30
Green Bay 49 Denver 23
Houston 17 Pittsburgh 10
Kansas City 22 Minnesota 17
New England 31 Oakland 19
New Orleans 23 Jacksonville 10
N.Y. Giants 31 Arizona 27
San Diego 26 Miami 16
San Francisco 24 Philadelphia 23
Tennessee 31 Cleveland 13
Washington 17 St. Louis 10
N.Y. Jets at Baltimore
Tonight's game
All Times Eastern
Indianapolis at Tampa Bay, 8:30 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	406	323	16
Winnipeg	13	8	5	0	317	309	16
Hamilton	13	7	6	0	378	356	14
Toronto	13	3	10	0	263	371	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	13	8	5	0	364	348	16
B.C.	13	7	6	0	367	273	14
Edmonton	13	7	6	0	312	317	14
Saskatchewan	13	4	9	0	275	385	8

Saturday's results
Calgary 40 Saskatchewan 3
Hamilton 27 Toronto 12
Friday's results
B.C. 33 Edmonton 24
Montreal 32 Winnipeg 26

CIS FOOTBALL

WEEK FIVE

ATLANTIC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Saint Mary's	4	3	1	0	132	34	6
Acadia	4	3	1	0	117	41	6
St. F. Xavier	4	1	3	0	57	148	2
Mt. Allison	4	0	4	0	60	174	0

QUEBEC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Laval	5	5	0	0	149	57	10
Sherbrooke	5	4	1	0	144	113	8
Montreal	5	3	2	0	96	89	6
Bishop's	5	2	3	0	122	127	4
Concordia	5	2	3	0	118	133	4
McGill	5	0	5	0	57	136	0

ONTARIO CONFERENCE

	GP	W	L	T	PF	PA	Pt
Western Ontario	5	5	0	0	257	107	10
Windsor	5	4	1	0	176	100	8
McMaster	5	4	1	0	151	102	8
Queen's	5	3	2	0	142	89	6
Ottawa	5	3	2	0	124	106	6
Wilfrid Laurier	5	2	3	0	200	156	4
Toronto	5	2	3	0	42	112	4
Guelph	5	1	4	0	119	147	2
York	5	1	4	0	61	185	2
Waterloo	5	0	5	0	86	254	0

CANADA WEST CONFERENCE

	GP	W	L	T	PF	PA	Pt
Calgary	5	5	0	0	215	88	10
British Columbia	5	3	2	0	148	129	6
Saskatchewan	5	3	2	0	147	114	6
Manitoba	5	2	3	0	120	126	4
Regina	5	2	3	0	85	137	4
Alberta	5	0	5	0	78	199	0

Yesterday's results
Calgary 61 Alberta 7
Laval 37 Concordia 4
Saturday's results
McMaster 46 Waterloo 20
Saint Mary's 8 Acadia 3
Sherbrooke 20 Montreal 11
St. Francis Xavier 24 Mount Allison 17
Western Ontario 48 York 23
Wilfrid Laurier 51 Ottawa 16
Windsor 41 Guelph 21
Friday's results
Bishop's 23 McGill 18
Queen's 13 Toronto 6
Regina 26 Manitoba 18
Saskatchewan 36 British Columbia 33

TENNIS

WTA TORAY PAN PACIFIC OPEN

At Tokyo
Singles — Championship
Agnieszka Radwanska (9), Poland, def. Vera Zvonareva (4), Russia, 6-3, 6-2.
Doubles — Championship
Liezel Huber and Lisa Raymond (1), U.S., def. Gisela Dulko, Argentina, and Flavia Pennetta (2), Italy, 7-6 (4), 0-6, 10-6 (tiebreak).

ATP MALAYSIAN OPEN

At Kuala Lumpur, Malaysia
Singles — Championship
Janko Tipsarevic (3), Serbia, def. Marcos Baghdatis, Cyprus, 6-4, 7-5.
Doubles — Championship
Eric Butorac, U.S., and Jean-Julien Rojer (2), Netherlands Antilles, def. Frantisek Cermak, Czech Republic, and Filip Polasek (3), Slovakia, 6-1, 6-3.

ATP PTT THAILAND OPEN

At Bangkok, Thailand
Singles — Championship
Andy Murray (1), Britain, def. Donald Young, U.S., 6-2, 6-0.
Doubles — Championship
Aisam-Ul-Haq Qureshi, Pakistan, and Oliver Marach (1), Austria, def. Michael Kolhmann and Alexander Waske, Germany, 7-6 (4), 7-6 (5).

WTA CHINA OPEN

At Beijing
Singles — First Round
Monica Niculescu, Romania, def. Li Na (4), China, 6-4, 6-0.
Sam Stosur (6), Australia, def. Tsvetana Pironkova, Bulgaria, 6-4, 6-0.
Marion Bartoli (8), France, def. Iveta Benesova, Czech Republic, 3-6, 6-4, 7-5.
Anastasia Pavlyuchenkova (13), Russia, def. Barbora Zahlavova Strycova, Czech Republic, 7-5, 6-4.
Sabine Lisicki (14), Germany, def. Irina-Camelia Begu, Romania, 6-2 (retired).
Kaia Kanepi, Estonia, def. Zheng Saisai, China, 6-0, 6-3.
Daniela Hantuchova, Slovakia, def. Eleni Daniilidou, Greece, 6-4, 6-2.
Dominika Cibulkova, Slovakia, def. Zhang Shuai, China, 6-0, 6-2.
Ana Ivanovic, Serbia, def. Kimiko Date-Krumm, Japan, 6-1, 6-1.
Christina McHale, U.S., def. Ayumi Morita, Japan, 6-2, 0-6, 6-3.
Carla Suarez Navarro, Spain, def. Ekaterina Makarova, Russia, 7-5, 6-1.
Maria Jose Martinez Sanchez, Spain, def. Shahar Peer, Israel, 6-1, 7-5.
Polona Hercog, Slovenia, def. Laura Robson, Britain, 6-4, 6-3.
Chanelle Scheepers, South Africa, def. Hu Yue-Yue, China, 6-0, 5-7, 6-0.

NHL

PRE-SEASON

Yesterday's results
Detroit 3 Pittsburgh 2
Washington 4 Chicago 1
At Bratislava, Slovakia
N.Y. Rangers 4 HC Slovan 1
Saturday's results
Vancouver 4 Edmonton 1
Detroit 4 Toronto 2
Dallas 4 St. Louis 0
Nashville 2 Carolina 1 (OT)
New Jersey 2 Philadelphia 1
Phoenix 3 San Jose 1
At Quebec
Montreal 5 Tampa Bay 1
At Bridgeport, Conn.
Boston 3 N.Y. Islanders 2
At Las Vegas
Colorado 4 Los Angeles 1
Today's game
All Times Eastern
N.Y. Rangers vs. EV Zug (at Zug, Switzerland), 2 p.m.
Tomorrow's games
Anaheim vs. Jokerit (at Helsinki), 12 p.m.
Los Angeles vs. Hamburg (at Hamburg, Germany), 1 p.m.
Buffalo vs. Adler Mannheim (at Mannheim, Germany), 1:30 p.m.

END OF 2011 NHL PRE-SEASON

GOLF

PGA JUSTIN TIMBERLAKE SHRINERS HOSPITALS FOR CHILDREN OPEN

At Las Vegas
Par 71
Final Round

Kevin Na, $792,000	67-63-66-65—261
Nick Watney, $475,200	65-67-64-67—263
Tommy Gainey, $255,200	67-67-64-68—266
Paul Goydos, $255,200	66-66-66-68—266
David Hearn, $149,160	**69-67-66-65—267**
Tim Herron, $149,160	65-66-67-69—267
Spencer Levin, $149,160	68-67-64-68—267
Carl Pettersson, $149,160	66-67-66-68—267
Jhonattan Vegas, $149,160	63-67-69-68—267
Also	
Stephen Ames, $38,060	**71-67-65-67—270**

NATIONWIDE WNB GOLF CLASSIC

At Midland, Texas
Par 72
Final Round
(x—won on first playoff hole)

x-Danny Lee, $94,500	64-72-68-66—270
Harris English, $56,700	69-70-62-69—270
Garth Mulroy, $35,700	67-74-67-64—272
Bob Heintz, $21,700	65-73-69-66—273
Craig Bowden, $21,700	65-71-66-71—273
Gavin Coles, $21,700	66-69-65-73—273
Dicky Pride, $16,363	68-70-69-67—274
David Lingmerth, $16,363	69-69-68-68—274
Miguel Carballo, $16,363	67-66-71-70—274
Darron Stiles, $12,600	67-69-71-68—275
Brendon Todd, $12,600	67-70-68-70—275
Roger Tambellini, $12,600	68-73-64-70—275
B.J. Staten, $12,600	63-68-67-77—275
Also	
Richard T. Lee, $2,783	**69-70-67-75—281**
Jon Mills, $1,575	**68-73-70-75—286**

SOCCER

ENGLAND

PREMIER LEAGUE

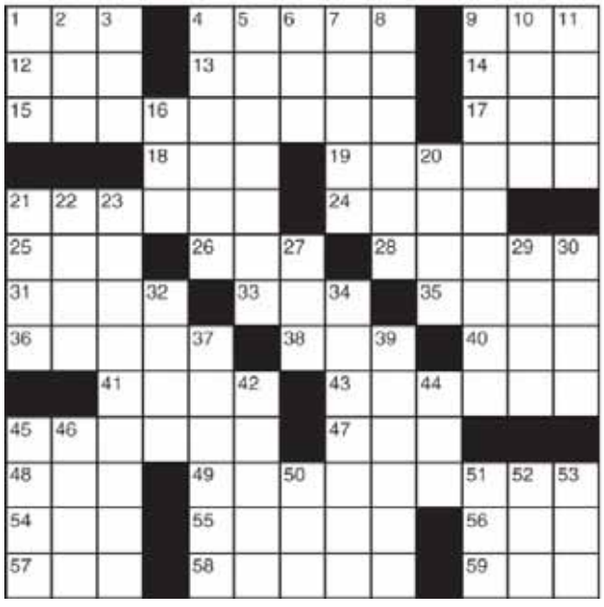
Yesterday's results
Bolton 1 Chelsea 5
Fulham 6 Queens Park Rangers 0
Swansea 2 Stoke 0
Tottenham 2 Arsenal 1

GERMANY

BUNDESLIGA

Yesterday's results
Hamburger SV 1 Schalke 2
Hannover 3 Werder Bremen 2

Crossword



Across

1 Actress Gardner
4 Vine-covered shelter
9 Owns
12 Perch
13 Wilkes-—, Pa.
14 Everything
15 Surgeons' devices
17 Reason to say "alas"
18 — constrictor
19 Addicted
21 Unisex garb
24 Spheres
25 — carte
26 "Humbug!"
28 Giggly sound
31 Columns' crossers
33 AAA job
35 Play area
36 Playful water critter
38 Dowel
40 Bankroll
41 Warmth
43 Chic
45 Burn somewhat
47 Joke
48 Goof up
49 "The Old Man and the Sea" author
54 Pistol
55 Implant
56 Literary collection
57 Praise in verse
58 Rental contract
59 Workout venue

Down

1 Fire residue
2 Compete
3 $ dispenser
4 Soak up
5 Knocking sound
6 Lingerie item
7 Lawn-care brand
8 Vacation mecca
9 Detectives
10 Lotion additive
11 Coaster
16 Kimono sash
20 Do what you're told
21 Poi root
22 Coin aperture
23 Author Nathaniel
27 Jump
29 Historic times
30 Whirlpool
32 Prognosticator
34 Women's shoes
37 Jennifer's "Friends" role
39 Rio —
42 Topic
44 Ovum
45 Lily variety
46 Gunky stuff
50 CEO's degree
51 Humorous sort
52 Whatever amount
53 Thanksgiving vegetable

▶ Friday's answer

Sudoku

3			4		1			9
		4			8			
				9			5	
8	7			2				5
		3	1		7	6		
2				6			4	8
	2			4				
			5			2		
9			2		6			7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

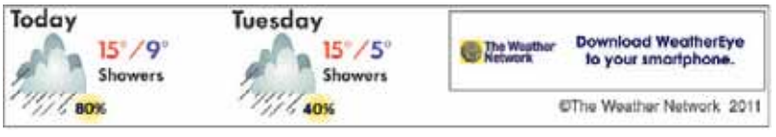
5	9	4	8	2	7	1	6	3
1	3	7	6	4	5	2	9	8
6	8	2	9	1	3	7	4	5
7	4	1	2	6	8	5	3	9
2	6	9	5	3	1	4	8	7
3	5	8	7	9	4	6	1	2
8	1	3	4	5	2	9	7	6
4	2	6	3	7	9	8	5	1
9	7	5	1	8	6	3	2	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

SCOOBIE
*Hi mahal! I know this was your idea for me, but I thought I would try and do this for you too since you do read this more. I would only hope that this message gets published before or in time of your birthday (Oct. 31st). You've been a great partner to me, despite of our down times, we definitely have our great times. Thank you for being in my life... I love you SOOO much! *muah* ^_^*
FROM KAWAII-CHAN

Patrick
Patrick I love you! ! Im not sure if I've told you enough. I dont want to much time to pass again lifes to short my friend, Just want kisses + cuddles everything else will be ok! !!
FROM STUPID GIRL



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Life will be easier to handle this week if you can just get over the idea that everyone thinks the same way as you and shares your convictions.

♉ Taurus April 21-May 21 Matters of a routine nature will take up most of your time today.

♊ Gemini May 22-June 21 This is going to be a productive week.

♋ Cancer June 22-July 22 Go out of your way to be nice to partners and colleagues today.

♌ Leo July 23-Aug.23 You will get the chance to move up in the world.

♍ Virgo Aug. 24- Sept. 22 You are about to be given the chance to make amends for something you said — or something you should have said but did not.

♎ Libra Sept. 23-Oct. 23 Decide what is the most important thing you should be doing right now and focus on it to the exclusion of everything else.

♏ Scorpio Oct. 24-Nov. 22 Something will happen today that convinces you that life is good and about to get even better. Believe it.

♐ Sagittarius Nov. 23-Dec. 21 Try not to get emotionally involved in other people's problems.

♑ Capricorn Dec. 22-Jan. 20 Something you have been working on for months, maybe years, will bear fruit this week.

♒ Aquarius Jan. 21-Feb. 18 You can do almost anything you want to do this coming week, but you don't have to do everything.

♓ Pisces Feb. 19-March 20. You will have to take on new responsibilities over the next seven days, and it's just what you need.

SALLY BROMPTON

Caption contest

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VADIM GHIRDA/THE ASSOCIATED PRESS

WIN!

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✓ **MAKING LIFE AFFORDABLE**

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✓ **STRENGTHENING HEALTHCARE**

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- Andrea Horwath
Leader of Ontario's New Democrats

"Anil Naidoo is exactly the kind of strong, positive voice we need in Queens Park."

- Paul Dewar
MP, Ottawa Centre

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- st: 32051
- km: 62079

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- Loaded, A/C, Auto, roof
- st: 32834
- km: 80397

$17,950
$164** Bi-weekly

08 Benz B200
- Loaded, A/C, Auto, roof
- st: 32898
- km: 54189

$18,950
$173** Bi-weekly

11 Volvo C70
- Hardtop Convert Loaded, Lthr, Auto
- st: 32285
- km: 19652

$39,930
$309*** Bi-weekly

10 Cadillac CTS
- Loaded, A/C, Roof, Lthr, Auto
- st: 32886
- km: 19156

$30,870
$239*** Bi-weekly

09 Toyota Venza
- AWD, Loaded, A/C, Auto,Roof
- st: 31787
- km: 22487

$26,850
$208*** Bi-weekly

08 Lexus IS 250
- Loaded, A/C, Auto
- st: 32790
- km: 55516

$21,850
$191** Bi-weekly

08 LandRover LR2 SE
- Loaded, Roof, Lthr, Auto
- st: 32103
- km: 82605

$21,870
$192** Bi-weekly

07 Mazda CX-7
- AWD, Loaded, A/C, Auto
- st: 32910
- km: 79946

$15,650
$143** Bi-weekly

08 Benz C300
- Loaded, A/C, Roof, Lthr
- st: 32357
- km: 40721

$28,650
$251** Bi-weekly

07 Cadillac STS
- AWD, Loaded, Roof, Lthr, Auto
- st: 29658
- km: 79888

$19,850
$181** Bi-weekly

07 Benz ML320
- Diesel,AWD,NAV, Roof, Lthr
- st: 32168
- km: 72545

$34,680
$304** Bi-weekly

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11 Mazda2
- Loaded, A/C, Auto, Brand New
- st: 32649
- km: 30

$16,950
$137*** Bi-weekly

07 Kia Spectra LX
- Loaded, A/C, Auto
- st: 32399
- km: 63321

$8,360
$76** Bi-weekly

09 Nissan Versa
- Loaded, A/C, Auto
- st: 32444
- km: 73757

$10,950
$89*** Bi-weekly

11 Mazda3 GX
- Loaded, A/C, Auto
- st: 32871
- km: 28520

$15,950
$129*** Bi-weekly

07 Toyota Yaris
- Std
- st: 31964
- km: 57163

$7,960
$73** Bi-weekly

10 Kia Soul
- Loaded, A/C, Roof, Auto
- st: 32895
- km: 53986

$16,650
$134*** Bi-weekly

09 Kia Rio
- Loaded, A/C, Auto
- st: 32437
- km: 63588

$9,820
$79*** Bi-weekly

07 Hyundai Accent
- Loaded, A/C, Auto
- st: 32931
- km: 96970

$6,850
$62 Bi-weekly

07 Honda Civic
- Loaded, A/C, Auto
- st: 31516
- km: 83751

$11,650
$106** Bi-weekly

11 Suzuki Swift
- Loaded, A/C, Auto
- st: 32804
- km: 24243

$11,960
$97*** Bi-weekly

07 Hyundai Elantra
- Auto
- st: 31589
- km: 96648

$7,950
$72** Bi-weekly

10 Honda Insight Hybrid
- Loaded, A/C, Auto
- st: 31958
- km: 53737

$18,800
$152** Bi-weekly

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LOADED, A/C, ROOF, AUTO • 77781km
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07 IMPREZA AWD
LOADED, A/C • 96310km
st:31392 • **$12,870** • bw:$117**

11 FRONTIER 4X4
LOADED, A/C, AUTO • 17768km
st:32724 • **$29,980** • bw:$232***

08 ACCORD EX
LOADED, A/C, ROOF • 98887km
st:32255 • **$15,870** • bw:$145**

09 SANTA FE
LOADED, A/C, AUTO • 47104km
st:32070 • **$17,850** • bw:$144***

09 FORD RANGER SPORT
4X4, LOADED, A/C, AUTO • km:27389
st:32615 • **$17,650** • bw:$143**

11 SONATA
LOADED, A/C, AUTO • 56556km
st:32771 • **$17,950** • bw:$145***

10 SUZUKI SX4
LOADED, A/C, AUTO • 54234km
st:31749 • **$11,740** • bw:$95***

07 UPLANDER
LOADED, A/C • 90676km
st:32810 • **$8,850** • bw:$81**

10 GR.CARAVAN SE
STOW N GO, LOADED, A/C • 62094km
st:32869 • **$16,450** • bw:$133***

10 FUSION SE
LOADED, A/C, AUTO• 66478km
st:32783 • **$15,750** • bw:$127**

09 PATRIOT 4WD
LOADED, A/C, AUTO • 98961km
st:32703 • **$13,650** • bw:$110***

10 COROLLA CE
LOADED, A/C, AUTO • 65154km
st:32303 • **$14,450** • bw:$117***

07 VOLVO XC70 AWD
LOADED, A/C, LTHR, AUTO • 112608km
st:32911 • **$16,980** • bw:$155**

10 LANCER
LOADED, A/C, AUTO • 63749km
st:32806 • **$14,850** • bw:$120***

07 TOYOTA RAV4 4WD
LOADED, A/C, AUTO • 94969km
st:32215 • **$16,840** • bw:$153**

09 LIBERTY 4WD
LOADED, A/C • 96659km
st:11379 • **$13,850** • bw:$112**

11 ESCAPE XLT AWD
LOADED, A/C, AUTO • 96659km
st:32523 • **$13,850** • bw:$112***

07 MATRIX
AUTO• 51160km
st:32935 • **$10,450** • bw:$95**

10 SENTRA XTRONIC CVT
LOADED, A/C, AUTO • 52499km
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08 SATURN VUE XR AWD
LOADED, A/C, AUTO • 60545km
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